

ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE MENU

ATTACHMENT #B
RFP NO. DC020205

WEEK ONE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(1)	Breakfast	(4)	Breakfast	(7)	Breakfast	(10)	Breakfast	(13)	Breakfast	(16)	Breakfast	(18)
Hot Cereal	1 c.	Hot Cereal	1 c.	Hot Cereal Pancakes, 4"	1 c. 3 oz.	Flour Tortilla, 8" Scrambled Eggs	2 ea. 3 oz.	Hot Cereal	1 c.	Cold Cereal	1 c.	Cold Cereal	1 c.
French Toast	3 ea.	Scrambled Eggs	4 ea.	Refried Beans	2 oz.	Grilled Potatoes	3/4 c.	French Toast	3 ea.	Waffles	3 ea.	Waffles	3 ea.
Syrup	2 oz.	Grilled Potatoes	3/4 c.	Shredded Cheese	1 oz.	Sausage Gravy	3/4 c.	Syrup	3 oz.	Syrup	3 oz.	Syrup	3 oz.
Grilled Potatoes	3/4 c.	Bread	2 sl.	Salsa	2 oz.	Biscuits	2 ea.	Omelet W/T-	3/4 c.	T-Ham *	1 oz.	T-Ham *	1 oz.
Margarine	2 lisp.	T-Ham *	2 tsp.	Margarine	2 oz.	Applesauce	2 oz.	Ham	4 oz.	Egg	1 ea.	Sliced Cheese	1/2 oz.
Applesauce	1/2 c.	Coffee	16 oz.	Coffee	16 oz.	Coffee	16 oz.	Bun	1 ea.	Bun	1 ea.	Margarine	2 tsp.
Coffee	16 oz.	Milk, 2%	8 oz.	Fruit juice	8 oz.	Milk, 2%	8 oz.	Margarine	1 ea.	Fresh Fruit	16 oz.	Fruit Juice	1 ea.
Fruit Juice	8 oz.	Sugar	3 pkt.	Sugar	3 pkt.	Sugar	3 pkt.	Fruit	8 oz.	Coffee	16 oz.	Milk, 2%	8 oz.
Sugar	3 pkt.	Salt & Pepper		Salt & Pepper		Salt & Pepper		Coffee	8 oz.	Fruit	8 oz.	Fruit Juice	8 oz.
Salt & Pepper								Sugar	3 pkt.	Salt & Pepper	3 pkt.	Sugar	3 pkt.
Lunch		(2)		(5)		(8)		(11)		(14)		(17)	
Flour Tortillas, 8"	2 ea.	Beef Noodle Soup	8 oz.	Vegetable Soup	8 oz.	Tomato Rice Soup	8 oz.	Chicken	8 oz.	Hours Will Be From:		Hours Will Be From:	
Burrito Mix	1 c.	T-Hot Dogs 10/1	2 ea.	Sliced T-Salami *	3 oz.	Grilled T-Ham * &	3 oz.	Soup	4 oz.	7:00 a.m. to 9:00 a.m.		7:00 a.m. to 9:00 a.m.	
Spanish Rice	1/2 c.	Oven Br. Potatoes	3/4 c.	Sliced Cheese	1 oz.	Cheese	1 oz.	Sloppy Joe	3/4 c.				
Corn	1/2 c.	Onions	1/4 c.	Pasta Salad W/	1 oz.	Bread	4 sl.	Pasta Salad	1/2 c.				
Shredded Lettuce	1/2 c.	Mustard	1 oz.	Vegetables	1 c.	Baked Beans	3/4 c.	Pinto Beans	1 ea.				
Shredded Cheese	1 oz.	Ketchup	2 oz.	Shredded Lettuce	1/2 c.	Coolties	2 ea.	Bun	1/2 c.				
Diced Onions	1 oz.	Tossed Salad	3/4 c.	Mustard	1/2 oz.	Beverage	16 oz.	Pudding	16 oz.				
Salsa	2 oz.	Salad Dressing	1 oz.	Salad Dressing	1/2 oz.	Salt & Pepper	4 sl.	Beverage	16 oz.				
Pudding	1/2 c.	Hot Dog Bun	2 ea.	Bread	1 ea.			Salt & Pepper	16 oz.				
Beverage	16 oz.	Gelatin	1/2 c.	Fresh Fruit	16 oz.								
Salt & Pepper		Beverage	16 oz.	Beverage	16 oz.								
Dinner		(3)		(6)		(9)		(12)		(15)		(17)	
Hot Sliced Turkey *	3 oz.	Spaghetti W/	6 oz.	T-Sausage W/Cheese	2 sl.	Beef Patty (R)	4 oz.	Fish Portion *	4 oz.	Baked Chicken	1/4 ea.	Salisbury Patty (R)	4 oz.
Mashed Potatoes	3/4 c.	Meat Sauce	3/4 c.	Corn	1/2 c.	Mashed Potatoes	3/4 c.	Tartar Sauce	1 oz.	Mashed Potatoes	3/4 c.	Baked Potato	1 ea.
Turkey Gravy	3 oz.	Green Beans	1/2 c.	Tossed Salad	3/4 c.	Gravy	3 oz.	Rice Pilaf	3 oz.	Country Gravy	3/4 c.	Brown Gravy	3 oz.
Broccoli Cuts	1/2 c.	Tossed Salad	3/4 c.	Tossed Salad	1 oz.	Carrots	1/2 c.	Mixed Vegetables	1/2 c.	Bread Dressing	1/2 c.	Tossed Salad	1/2 c.
Bread	2 sl.	Salad Dressing	1 oz.	Salad Dressing	1 oz.	Bread	1 oz.	Tossed Salad	1 oz.	Peas	1/2 c.	Salad Dressing	1 oz.
Margarine	2 tsp.	Garlic Toast	2 sl.	Fresh Fruit	1 ea.	Margarine	2 tsp.	Salad Dressing	2 sl.	Tossed Salad	3/4 c.	Bread	2 sl.
Glazed Cake	1 sq.	Glazed Cake	1 sq.	Beverage	16 oz.	Glazed Cake	1 sq.	Bread	2 sl.	Salad Dressing	2 sl.	Margarine	1 oz.
Beverage	16 oz.	Beverage	16 oz.	Salt & Pepper		Beverage	16 oz.	Glazed Cake	1 sq.	Cookies	2 ea.	Glazed Cake	1 sq.
Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Beverage	16 oz.	Beverage	16 oz.	Beverage	16 oz.
Dinner		(19)											
Hot Sliced Turkey *	3 oz.	Spaghetti W/	6 oz.	T-Sausage W/Cheese	2 sl.	Beef Patty (R)	4 oz.	Fish Portion *	4 oz.	Baked Chicken	1/4 ea.	Salisbury Patty (R)	4 oz.
Mashed Potatoes	3/4 c.	Meat Sauce	3/4 c.	Corn	1/2 c.	Mashed Potatoes	3/4 c.	Tartar Sauce	1 oz.	Mashed Potatoes	3/4 c.	Baked Potato	1 ea.
Turkey Gravy	3 oz.	Green Beans	1/2 c.	Tossed Salad	3/4 c.	Gravy	3 oz.	Rice Pilaf	3 oz.	Country Gravy	3/4 c.	Brown Gravy	3 oz.
Broccoli Cuts	1/2 c.	Tossed Salad	3/4 c.	Tossed Salad	1 oz.	Carrots	1/2 c.	Mixed Vegetables	1/2 c.	Bread Dressing	1/2 c.	Tossed Salad	1/2 c.
Bread	2 sl.	Salad Dressing	1 oz.	Salad Dressing	1 oz.	Bread	1 oz.	Tossed Salad	1 oz.	Peas	1/2 c.	Salad Dressing	1/2 c.
Margarine	2 tsp.	Garlic Toast	2 sl.	Fresh Fruit	1 ea.	Margarine	2 tsp.	Salad Dressing	2 sl.	Tossed Salad	3/4 c.	Bread	2 sl.
Glazed Cake	1 sq.	Glazed Cake	1 sq.	Beverage	16 oz.	Glazed Cake	1 sq.	Bread	2 sl.	Salad Dressing	2 sl.	Margarine	1 oz.
Beverage	16 oz.	Beverage	16 oz.	Salt & Pepper		Beverage	16 oz.	Glazed Cake	1 sq.	Cookies	2 ea.	Glazed Cake	1 sq.
Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Beverage	16 oz.	Beverage	16 oz.	Beverage	16 oz.

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE MENU

ATTACHMENT #B
RFP NO. DC020205

WEEK TWO

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(20)	Breakfast	(23)	Breakfast	(26)	Breakfast	(29)	Breakfast	(32)	Breakfast	(35)	Breakfast	(37)
Hot Cereal	1 c.	Hot Cereal	1 c.	Hot Cereal	1 c.	Hot Cereal	1 c.	Hot Cereal	1 c.	Cold Cereal	1 c.	Cold Cereal	1 c.
Scrambled Eggs	3 oz.	French Toast	3 ea.	Pancakes, 4"	4 ea.	Grilled Potatoes	3/4 c.	French Toast	2 ea.	Flour Tortilla, 8"	2 ea.	Flour Tortilla, 8"	2 ea.
Grilled Potatoes	3/4 c.	Syrup	2 oz.	Sausage Gravy	2 oz.	Biscuits	2 oz.	Syrup	2 oz.	Scrambled Eggs	4 oz.	Scrambled Eggs	4 oz.
Bread	2 sl.	T-Ham *	3/4 c.	Margarine	2 tsp.	Coffee	3/4 c.	Grilled Potatoes	3/4 c.	Refried Beans	3/4 c.	Refried Beans	3/4 c.
Margarine	2 tsp.	Margarine	2 c.	Milk, 2%	16 oz.	Milk, 2%	16 oz.	Margarine	2 tsp.	Grilled Potatoes	2 sl.	Grilled Potatoes	3/4 c.
Applesauce	1/2 c.	Coffee	16 oz.	Sugar	8 oz.	Sugar	8 oz.	Coffee	16 oz.	W/Chorizo	1 oz.	W/Chorizo	1 oz.
Coffee	16 oz.	Milk, 2%	8 oz.	Salt & Pepper	3 pкт.	Salt & Pepper	3 pкт.	Milk, 2%	8 oz.	Shredded Cheese	2 oz.	Shredded Cheese	1 oz.
Fruit Juice	8 oz.	Sugar	8 oz.					Sugar	8 oz.	Salsa	2 oz.	Salsa	2 oz.
Sugar	3 pкт.	Salt & Pepper						Salt & Pepper	3 pkt.	Fresh Fruit	16 oz.	Fresh Fruit	16 oz.
Salt & Pepper										Coffee	8 oz.	Coffee	8 oz.
										Milk, 2%	8 oz.	Milk, 2%	8 oz.
										Fruit Juice	8 oz.	Fruit Juice	8 oz.
										Sugar	8 oz.	Sugar	8 oz.
										Salt & Pepper	3 pkt.	Salt & Pepper	3 pkt.
Lunch	(21)	Lunch	(24)	Lunch	(27)	Lunch	(30)	Lunch	(33)	Weekend Modified Meal		Weekend Modified Meal	
Vegetable Rice Soup	8 oz.	Tomato Rice Soup	8 oz.	Chicken Salad	4 oz.	Chicken Rice Soup	8 oz.	Soup of the Day	8 oz.	Hours Will Be From:		Hours Will Be From:	
Sliced Turkey *	3 oz.	Grilled Cheese	3 oz.	Macaroni Salad	4 sl.	Luncheon Meat *	3 oz.	Tossed Salad	1 c.				
Oven Br. Potatoes	3/4 c.	Bread	4 sl.	W/Vegetables	1 c.	Cheese	1/2 oz.	Diced T-Ham *	3 oz.	7:00 a.m. to 9:00 a.m.		7:00 a.m. to 9:00 a.m.	
Shredded Lettuce	1/4 c.	Ranch Beans	3/4 c.	Pinto Beans	1/4 c.	Shredded Lettuce	1/4 c.	Shredded Cheese	1/2 oz.				
Mustard	1/2 oz.	Coleslaw	1/2 c.	Bun	1 ea.	Tomato	2 sl.	Croutons	1/2 c.				
Salad Dressing	1/2 oz.	Fresh Fruit	1 ca.	Gelatin	1/2 c.	Onion	3 sl.	Carrots	1/2 c.				
Ketchup	2 oz.	Beverage	16 oz.	Beverage	16 oz.	Mustard	1/2 oz.	Salad Dressing	2 oz.				
Bun	1 ea.	Salt & Pepper		Salt & Pepper		Salad Dressing	1/2 oz.	Macaroni Salad	3/4 c.				
Pudding	1/2 c.					Coleslaw	1/2 c.	Glazed Cake	1 sq.				
Beverage	16 oz.					Bun	1 ea.	Beverage	16 oz.				
Salt & Pepper						Fresh Fruit	1 ea.	Salt & Pepper					
Dinner	(22)	Dinner	(25)	Dinner	(28)	Dinner	(31)	Dinner	(34)	Dinner	(36)	Dinner	(38)
Flour Tortilla, 8"	2 ea.	BBQ Chicken	1/4 ea.	Hamburger (R)	4 oz.	Hot Sliced Turkey *	3 oz.	Vegetable Soup	8 oz.	Lasagna Casserole	1 1/2 c.	Hamburger (R)	4 oz.
Burrito Mix	1 c.	Macaroni Salad	3/4 c.	Sliced Cheese	1/2 oz.	Mashed Potatoes	3/4 c.	Hot Dog 10/1	2 ea.	Mixed Vegetables	1/2 c.	Sliced Cheese	1/2 oz.
Spanish Rice	3/4 c.	Broccoli	1/2 c.	Oven Br. Potatoes	1/2 c.	Chili	3 oz.	Tossed Salad	3 oz.	Oven Br. Potatoes	3/4 c.	Oven Br. Potatoes	3/4 c.
Shredded Lettuce	1/2 c.	Bread	2 sl.	Shredded Lettuce	1/4 c.	Green Beans	1/2 c.	Mustard	1/2 oz.	Baked Beans	1/2 c.	Baked Beans	1/2 c.
Shredded Cheese	1 oz.	Margarine	2 tsp.	Onion	2 sl.	Tossed Salad	1/2 c.	Ketchup	1/2 oz.	Pickle Chips	2 ea.	Pickle Chips	2 ea.
Salsa	2 oz.	Cookies	2 ea.	Mustard	16 oz.	Salad Dressing	1 oz.	Tossed Salad	2 sl.	Shredded Lettuce	1/4 c.	Shredded Lettuce	1/4 c.
Glazed Cake	1 sq.	Beverage	16 oz.	Ketchup	2 oz.	Bread	2 sl.	Salad Dressing	1 oz.	Mustard	1/2 oz.	Mustard	1/2 oz.
Beverage	16 oz.	Salt & Pepper		Bun	1 ea.	Cookies	2 ea.	Hot Dog Bun	2 ea.	Ketchup	2 oz.	Ketchup	2 oz.
Salt & Pepper				Glazed Cake	1 sq.	Beverage	16 oz.	Gelatin	1/2 c.	Bun	1 ea.	Bun	1 ea.
						Salt & Pepper	16 oz.	Beverage	16 oz.	Pudding	1/2 c.	Pudding	1/2 c.
								Salt & Pepper		Beverage	16 oz.	Beverage	16 oz.
										Salt & Pepper	1/2 c.	Salt & Pepper	1/2 c.

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE MENU**

**ATTACHMENT #B
RFP NO. DC020205**

WEEK THREE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(39)	Breakfast	(42)	Breakfast	(45)	Breakfast	(48)	Breakfast	(51)	Breakfast	(54)	Breakfast	(56)
Hot Cereal Grilled Potatoes Sausage Gravy Biscuits Coffee Milk, 2% Sugar Salt & Pepper	1 c. 3/4 c. 3/4 c. 2 ea. 16 oz. 8 oz. 3 pkt. Salt & Pepper	Hot Cereal French Toast Syrup Margarine Applesauce Coffee Milk, 2% Sugar Salt & Pepper	1 c. 3 ea. 2 oz. 2 tsp. 1/2 c. 16 oz. 8 oz. 3 pkt. Salt & Pepper	Hot Cereal Pancakes, 4" Syrup T-Ham * Margarine Coffie Milk, 2% Sugar Salt & Pepper	1 c. 4 ea. 2 oz. 2 oz. 2 tsp. 16 oz. 8 oz. 3 pkt. Salt & Pepper	Flour Tortilla, 8" Scrambled Eggs Refried Beans Shredded Cheese Salsa Coffee Fruit Juice Sugar Salt & Pepper	2 ea. 3 oz. 3/4 c. 1 oz. 2 oz. 16 oz. 8 oz. 3 pkt.	Hot Cereal Scrambled Eggs Grilled Potatoes Bread Coffee Milk, 2% Sugar Salt & Pepper	1 c. 3 oz. 3/4 c. 2 sl. 16 oz. 8 oz. 3 pkt.	Cold Cereal French Toast Syrup Grilled Potatoes Omelet W/T-Ham Biscuit Margarine Pastry Fresh Fruit Coffee Milk, 2% Fruit Juice Sugar Salt & Pepper	1 c. 3 ea. 3 oz. 3/4 c. 4 oz. 1 ea. 2 tsp. 1 ea. 1 ea. 16 oz. 8 oz. 8 oz. 3 pkt.	Cold Cereal Grilled Potatoes Boiled Eggs Sausage Gravy Biscuits Margarine Pastry Fresh Fruit Coffee Milk, 2% Fruit Juice Sugar Salt & Pepper	1 c. 3/4 c. 2 ea. 1 c. 2 ea. 1 ea. 1 ea. 16 oz. 8 oz. 8 oz. 3 pkt.
Lunch	(40)	Lunch	(43)	Lunch	(46)	Lunch	(49)	Lunch	(52)	Weekend Modified Meal	Weekend Modified Meal	Weekend Modified Meal	Weekend Modified Meal
Vegetable Soup Fish Portion * Tartar Sauce Scalloped Potatoes Coleslaw Bun Gelatin Beverage Salt & Pepper	8 oz. 4 oz. 1 oz. 3/4 c. 1/2 c. 1 ea. 1/2 c. 16 oz. Salt & Pepper	Beef Rice Soup Grilled Cheese Bread Pasta Salad Peas Fresh Fruit Beverage Salt & Pepper	8 oz. 3 oz. 4 sl. 3/4 c. 1/2 c. 1 ea. 1/2 c. 16 oz. Salt & Pepper	Chili Macaroni Corn Tossed Salad Salad Dressing Corn Bread Margarine Pudding Beverage Salt & Pepper	1 1/2 c. 1/2 c. 3/4 c. 1 oz. 1 oz. 1 sq. 2 tsp. 1/2 c. 16 oz. Salt & Pepper	T-Ham & Beans Mixed Vegetables Tossed Salad Salad Dressing Bread Margarine Fresh Fruit Beverage Salt & Pepper	1 1/2 c. 1/2 c. 3/4 c. 1 oz. 2 sl. 2 sl. 2 tsp. 1 ea. 16 oz. Salt & Pepper	Minestrone Soup T-Sausage & Cheese Pizza 4" x 4" Tossed Salad Salad Dressing Gelatin Beverage Salt & Pepper	8 oz. 2 sl. 3/4 c. 1 oz. 1 oz. 1/2 c. 16 oz. Salt & Pepper	Hours Will Be From: 7:00 a.m. to 9:00 a.m. Insulin Diabetic Diets: Pick up week end supplemental snack at this meal.	Hours Will Be From: 7:00 a.m. to 9:00 a.m. Insulin Diabetic Diets: Pick up week end supplemental snack at this meal.	Hours Will Be From: 7:00 a.m. to 9:00 a.m. Insulin Diabetic Diets: Pick up week end supplemental snack at this meal.	Hours Will Be From: 7:00 a.m. to 9:00 a.m. Insulin Diabetic Diets: Pick up week end supplemental snack at this meal.
Dinner	(41)	Dinner	(44)	Dinner	(47)	Dinner	(50)	Dinner	(53)	Dinner	(55)	Dinner	(57)
BBQ Chicken Baked Potato Corn Tossed Salad Salad Dressing Bread Margarine Padding Beverage Salt & Pepper	1/4 ea. 1 ea. 1/2 c. 3/4 c. 1 oz. 2 sl. 2 tsp. 1/2 c. 16 oz. Salt & Pepper	Beef Patty (R) Mashed Potatoes Brown Gravy Coleslaw Bread Margarine Gelatin Beverage Salt & Pepper	4 oz. 3/4 c. 3 oz. 1/2 c. 2 sl. 2 sl. 2 tsp. 1/2 c. 16 oz. Salt & Pepper	Country Fried Patty * Steamed Rice Brown Gravy Coleslaw Bread Margarine Glazed Cake Beverage Salt & Pepper	4 oz. 3/4 c. 3 oz. 1/2 c. 2 sl. 2 sl. 1 sq. 16 oz. Salt & Pepper	Spaghetti W/ Meat Sauce Green Beans Tossed Salad Salad Dressing Garlic Toast Cookies Beverage Salt & Pepper	6 oz. 3/4 c. 1/2 c. 3/4 c. 1 oz. 2 sl. 2 ea. 16 oz. Salt & Pepper	Hamburger Patty (R) W/Grilled Onions Mashed Potatoes Brown Gravy Broccoli Cuts Bread Margarine Glazed Cake Beverage Salt & Pepper	4 oz. 2 oz. 3/4 c. 3 oz. 1/2 c. 2 sl. 1 oz. 1 sq. 16 oz. Salt & Pepper	Baked Chicken Mashed Potatoes Poultry Gravy Bread Dressing Carrots Tossed Salad Salad Dressing Glazed Cake Beverage Salt & Pepper	1/4 ea. 3/4 c. 3 oz. 1/2 c. 1/2 c. 2 sl. 1 oz. 1 sq. 16 oz. Salt & Pepper	Chicken Patty * Cheese Blend Pasta Marinara Sauce Mixed Vegetables Tossed Salad Salad Dressing Bread Glazin Beverage Salt & Pepper	3 oz. 1/2 oz. 3/4 c. 2 oz. 1/2 c. 3/4 c. 1/2 c. 1 oz. 1/2 c. 16 oz. Salt & Pepper

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE MENU

ATTACHMENT #B
RFP NO. DC020205

WEEK FOUR

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(58)	Breakfast	(61)	Breakfast	(64)	Breakfast	(67)	Breakfast	(70)	Breakfast	(73)	Breakfast	(75)
Hot Cereal	1 c.	Hot Cereal	1 c.	Hot Cereal	1 c.	Hot Cereal	1 c.	Hot Cereal	1 c.	Cold Cereal	1 c.		
French Toast	3 ea.	Scrambled Eggs	3 oz.	Pancakes, 4"	4 ea.	French Toast	3 ea.	Grilled Potatoes	3/4 c.	Waffles	2 ea.		
Syrup	2 oz.	Grilled Potatoes	3/4 c.	Syrup	2 oz.	Syrup	2 oz.	Sausage Gravy	3/4 c.	Syrup	4 oz.		
Margarine	2 tbs.	Bread	2 sl.	T-Ham *	2 oz.	Grilled Potatoes	3/4 c.	Biscuits	2 ea.	Refried Beans	3/4 c.	T-Ham *	1 oz.
Applesauce	1/2 c.									Egg	1 ea.		
Coffee	16 oz.	Margarine	2 tsp.	Margarine	2 oz.	Margarine	16 oz.	Fresh Fruit	1 ea.	Grilled Potatoes	3/4 c.	Sliced Cheese	1/2 oz.
Fruit Juice	8 oz.	Coffee	16 oz.	Coffee	16 oz.	Coffee	16 oz.	Coffee	16 oz.	W/Chorizo	1 oz.	Bun	1 ea.
Sugar	3 pkts.	Milk, 2%	8 oz.	Milk, 2%	8 oz.	Milk, 2%	8 oz.	Fruit Juice	8 oz.	Shredded Cheese	2 oz.	Margarine	2 tsp.
Salt & Pepper		Sugar	3 pkts.	Sugar	3 pkts.	Sugar	3 pkts.	Sugar	3 pkts.	Salsa	2 oz.	Fresh Fruit	1 ea.
		Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Coffee	16 oz.	Coffee	16 oz.
										Milk, 2%	8 oz.	Fruit Juice	8 oz.
										Sugar	3 pkts.	Salt & Pepper	3 pkts.
Lunch	(59)	Lunch	(62)	Lunch	(65)	Lunch	(68)	Lunch	(71)	Lunch	(74)	Lunch	(76)
Chicken Patty *	3 oz.	Beef Noodle Soup	8 oz.	Fish Portion *	4 oz.	Vegetable Soup	8 oz.	Chicken	Noodle	8 oz.	Hours Will Be From:	Hours Will Be From:	Hours Will Be From:
Oven Br. Potatoes	3/4 c.	Luncheon Meat *	3 oz.	Tartar Sauce	1 oz.	T-Hot Dogs 10/1	2 ea.	Soup	1 oz.	1 oz.	7:00 a.m. to 9:00 a.m.	7:00 a.m. to 9:00 a.m.	7:00 a.m. to 9:00 a.m.
Carrots	1/2 c.	Cheese	1/2 oz.	Mixed Vegetables	1/2 c.	Oven Br. Potatoes	3/4 c.	Grilled Cheese &	3 oz.				
Ketchup	2 oz.	Shredded Lettuce	1/4 c.	Coleslaw	1/2 c.	Diced Onions	1/4 c.	Pastrami *	4 sl.				
Bun	1 ea.	Mustard	1/2 oz.	Bun	1 ea.	Mustard	1 oz.	Bread	1/2 c.				
Glazed Cake	1 sq.	Salad Dressing	1/2 oz.	Pudding	1/2 c.	Keetchup	2 oz.	Green Beans	2 ea.				
Beverage	16 oz.	Bun	1 ea.	Beverage	16 oz.	Tossed Salad	3/4 c.	Cookies	16 oz.				
Salt & Pepper		Fresh Fruit	1 ea.	Salt & Pepper	16 oz.	Salad Dressing	1 oz.	Beverage	1 oz.				
		Beverage	16 oz.	Salt & Pepper		Hot Dog Bun	2 ea.	Salt & Pepper	16 oz.				
		Salt & Pepper				Pudding	1/2 c.	Salt & Pepper					
Dinner	(60)	Dinner	(63)	Dinner	(66)	Dinner	(69)	Dinner	(72)	Dinner	(74)	Dinner	(76)
Grilled T-Ham Patty *	3 oz.	Salisbury Patty (R)	4 oz.	Oven Fried Chicken	1/4 ea.	Meat & Cheese	6 oz.	Pasta W/	6 oz.	Hamburger (R)	4 oz.	Tortillas, 8"	2 ea.
Scalloped Potatoes	3/4 c.	Mashed Potatoes	3/4 c.	Mashed Potatoes	3/4 c.	Pizza 4" x 4"	2 sl.	Meat Sauce	3/4 c.	Sliced Cheese	1/2 oz.	Diced Chicken Meat	3 oz.
Peas	1/2 c.	Brown Gravy	3 oz.	Chicken Gravy	3 oz.	Herb Noodles	3/4 c.	Peas	1/2 c.	Oven Br. Potatoes	3/4 c.	Refried Beans	3/4 c.
Tossed Salad	3/4 c.	Corn	1/2 c.	Green Beans	1/2 c.	Broccoli Cuts	1/2 c.	Tossed Salad	1/2 c.	Baked Beans	3/4 c.	Spanish Rice	3/4 c.
Cold Dressing	1 oz.	Bread	2 sl.	Tossed Salad	3/4 c.	Tossed Salad	3/4 c.	Salad Dressing	1 oz.	Shredded Lettuce	1/4 c.	Grilled Onions &	1/4 c.
Combread	1 sq.	Margarine	2 tbs.	Salad Dressing	1 oz.	Garlic Bread	1 oz.	Tomato	2 sl.	Tomato	2 sl.	Peppers	1/2 c.
Margarine	2 tbs.	Glazed Cake	1 sq.	Bread	2 sl.	Glazed Cake	1 ea.	Glazed Cake	1 sq.	Mustard	1/2 oz.	Shredded Lettuce	1/2 c.
Pudding	1/2 c.	Beverage	16 oz.	Margarine	2 tbs.	Beverage	16 oz.	Beverage	16 oz.	Ketchup	2 oz.	Shredded Cheese	1 oz.
Beverge	16 oz.	Salt & Pepper		Glazed Cake	1 sq.	Salt & Pepper	16 oz.	Salt & Pepper	16 oz.	Bun	1 ea.	Salsa	2 oz.
Salt & Pepper				Beverage	16 oz.	Salt & Pepper	16 oz.	Salt & Pepper	16 oz.	Pudding	1/2 c.	Pudding	1/2 c.
										Beverge	16 oz.	Beverge	16 oz.
										Salt & Pepper		Salt & Pepper	

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE MENU

ATTACHMENT #B
RFP NO. DC020205

WEEK FIVE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(77)	Breakfast	(80)	Breakfast	(83)	Breakfast	(86)	Breakfast	(89)	Breakfast	(92)	Breakfast	(94)
Hot Cereal	1 c.	Flour Tortilla, 8"	2 ea.	Hot Cereal	1 c.	Hot Cereal	1 c.	Cold Cereal	1 c.	Cold Cereal	1 c.	Cold Cereal	1 c.
Grilled Potatoes	3/4 c.	Scrambled Eggs	3 oz.	Pancakes, 4"	4 ea.	French Toast	3 oz.	Waffles	3 oz.	Pancakes, 4"	3 ea.	Syrup	4 ea.
Sausage Gravy	3/4 c.	Refried Beans	3/4 c.	Syrup	2 oz.	Scrambled Eggs	3/4 c.	T-Ham*	2 oz.	Scrambled Eggs	3 oz.	Scrambled Eggs W/	3 oz.
Biscuits	2 ea.	Shredded Cheese	1 oz.	T-Ham *	2 oz.	Grilled Potatoes	3/4 c.	Bread	2 sl.	T-Ham*	1 ea.	Cheese, Sausage,	
Fresh Fruit	1 ea.	Salsa	2 oz.	Margarine	2 sp.	Margarine	2 tsp.	Boiled Egg	1 ea.	Onions	3/4 c.	Peppers, &	
Coffee	16 oz.	Coffee	16 oz.	Coffee	16 oz.	Coffee	16 oz.	Grilled Potatoes	16 oz.	Bread	2 sl.	Onions	6 oz.
Milk, 2%	8 oz.	Fruit Juice	8 oz.	Milk, 2%	8 oz.	Fruit Juice	8 oz.	Bread	8 oz.	Margarine	2 tsp.	Bread	2 sl.
Sugar	3 pkt.	Sugar	3 pkt.	Sugar	3 pkt.	Sugar	3 pkt.	Pastry	3 pkt.	Pastry	1 ea.	Margarine	2 tsp.
Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Fruit & Pepper		Fruit & Pepper		Fruit & Pepper	
Lunch	(78)	Lunch	(81)	Lunch	(84)	Lunch	(87)	Lunch	(90)	Lunch	(93)	Lunch	(95)
Chili W/ Beans	1 1/2 c.	Chicken Rice Soup	8 oz.	Grilled T-Ham * &	3 oz.	Flour Tortilla, 8"	2 ea.	Vegetable Rice Soup	8 oz.	Hours Will Be From:		Hours Will Be From:	
Crackers	2 pkts.	T-Bologna *	2 oz.	Cheese	1 oz.	Burrito Mix	1 c.	Meat & Cheese		7:00 a.m. to 9:00 a.m.		7:00 a.m. to 9:00 a.m.	
Shredded Cheese	1 oz.	T-Salami *	2 oz.	Bread	4 sl.	Spanish Rice	1/2 c.	Pizza, 4" x 4"					
Chopped Onions	1/4 c.	Potato Salad	3/4 c.	Oven Br. Potatoes	3/4 c.	Corn	1/2 c.	Peas					
Tossed Salad	3/4 c.	Shredded Lettuce	1/4 c.	Pasta Salad	3/4 c.	Shredded Cheese	1 oz.	Fresh Fruit					
Salad Dressing	1 oz.	Mustard	1/2 oz.	Ketchup	2 oz.	Shredded Lettuce	1/2 c.	Glazed Cake					
Fresh Fruit	1 ea.	Salad Dressing	1/2 oz.	Pudding	1/2 c.	Salsa	2 oz.	Beverage					
Beverage	16 oz.	Bun	1 ea.	Beverage	16 oz.	Fresh Fruit	1 ea.	Salt & Pepper					
Salt & Pepper		Gelatin	1/2 c.	Salt & Pepper	16 oz.	Beverage	16 oz.	Salt & Pepper					
Dinner	(79)	Dinner	(82)	Dinner	(85)	Dinner	(88)	Dinner	(91)	Dinner	(93)	Dinner	(95)
Hot Sliced Turkey *	3 oz.	Meat Loaf *	4 oz.	Spaghetti W/	6 oz.	Oven Fried Chicken	1/4 ea.	Grilled T-Ham Patty*	3 oz.	Hamburger (R)	4 oz.	Baked Chicken	1/4 ea.
Mashed Potatoes	3/4 c.	Mashed Potatoes	3/4 c.	Meat Sauce	3/4 c.	Rice Pilaf	3/4 c.	Baked Potato	1 ea.	Sliced Cheese	1/2 oz.	Herb Noodles	3/4 c.
Gravy	3 oz.	Gravy	3 oz.	Green Beans	1/2 c.	Broccoli Cuts	1/2 c.	Mixed Vegetables	1/2 c.	Oven Br. Potatoes	3/4 c.	Poultry Gravy	3 oz.
Carrots	1/2 c.	Mixed Vegetables	1/2 c.	Tossed Salad	3/4 c.	Bread	2 sl.	Tossed Salad	1/2 c.	Baked Beans	3/4 c.	Carrots	1/2 c.
Coleslaw	1/2 c.	Bread	2 sl.	Margarine	1 oz.	Salad Dressing	2 tsp.	Macaroni Salad	1 oz.	Macaroni Salad	1/2 c.	Tossed Salad	3/4 c.
Bread	2 sl.	Margarine	2 sl.	Pudding	1/2 c.	Bread	2 sl.	Shredded Lettuce	1/2 c.	Shredded Lettuce	1/4 c.	Salad Dressing	1 oz.
Glazed Cake	1 sq.	Glazed Cake	1 sq.	Glazed Cake	1 sq.	Margarine	2 tsp.	Pickle Chips	2 ea.	Pickle Chips	2 ea.	Bread	2 sl.
Beverage	16 oz.	Beverage	16 oz.	Beverage	16 oz.	Beverage	16 oz.	Glazed Cake	1 sq.	Glazed Cake	1 sq.	Margarine	2 tsp.
Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Beverage		Beverage		Gelatin	1/2 c.

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE MENU**

**ATTACHMENT #B
RFP NO. DC020205**

WEEK SIX

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(96)	Breakfast	(99)	Breakfast	(102)	Breakfast	(105)	Breakfast	(108)	Breakfast	(111)	Breakfast	(113)
Hot Cereal	1 c.	Hot Cereal	1 c.	Hot Cereal	1 c.	Hot Cereal	1 c.	Flour Tortilla, 8"	2 ea.	Cold Cereal	1 c.	Cold Cereal	1 c.
Scrambled Eggs	3 oz.	Pancakes, 4"	4 ea.	French Toast	3 sl.	Grilled Potatoes	3/4 c.	Scrambled Eggs	3 oz.	Grilled Potatoes	3 ea.	Boiled Egg	3/4 c.
Grilled Potatoes	3/4 c.	Syrup	2 oz.	Syrup	2 oz.	Sausage Gravy	3/4 c.	Refried Beans	3/4 c.	Boiled Egg	3 oz.	Sausage Gravy	1 c.
Bread	2 sl.	T-Ham *	2 oz.	Margarine	2 oz.	Biscuits	2 ea.	Shredded Cheese	1 oz.	Biscuits	1 ea.	Margarine	2 ea.
Coffee	16 oz.	Margarine	2 sl.	Applesauce	1/2 c.	Coffee	16 oz.	Egg	2 oz.	Margarine	1/2 oz.	Pastry	2 tsp.
Milk, 2%	8 oz.	Coffee	16 oz.	Coffee	16 oz.	Milk, 2%	8 oz.	Coffee	16 oz.	T-Ham *	8 oz.	Fresh Fruit	1 ea.
Sugar	3 pkts.	Milk, 2%	8 oz.	Milk	8 oz.	Sugar	3 pkts.	Fruit Juice	8 oz.	Bun	3 pkts.	Margarine	1 ea.
Salt & Pepper		Sugar	3 pkts.	Salt & Pepper		Salt & Pepper		Salt & Pepper		Fruit Juice	8 oz.	Coffee	2 tsp.
										Sugar	8 oz.	Milk, 2%	8 oz.
										Salt & Pepper	3 pkts.	Fruit Juice	8 oz.
Lunch	(97)	Lunch	(100)	Lunch	(103)	Lunch	(106)	Lunch	(109)	Lunch	(110)	Lunch	(112)
C. of Broccoli Soup	8 oz.	Tostada Shells	2 ea.	Vegetable Soup	8 oz.	Chicken Noodle	8 oz.	Tomato Rice Soup	8 oz.	Tomato Rice Soup	8 oz.	Grilled Cheese	3 oz.
T-Hot Dogs 10/1	2 ea.	Tostada Mix	1 c.	Italian Sausage	4 oz.	Soup	3 oz.	Bread	4 oz.	Bread	4 oz.	Bread	4 oz.
Potato Salad	3/4 c.	Spanish Rice	3/4 c.	Fried Onions, Tomato	1/2 oz.	T-Salami * &	1/2 oz.	Corn	1/2 c.	Corn	1/2 c.	Coleslaw	1/2 c.
Diced Onions	1/4 c.	Corn	1/2 c.	& Green Pepper	1/2 c.	Cheese	3/4 c.	Cookies	1/4 c.	Cookies	1/4 c.	Cookies	1/4 c.
Mustard	1 oz.	Shredded Lettuce	1/2 c.	Sauce Hot Dog Bun	1 ea.	Ranch Beans	2 sl.	Shredded Lettuce	1/2 oz.	Shredded Lettuce	1/2 oz.	Mustard	1/2 oz.
Ketchup	1 oz.	Shredded Cheese	1 oz.	Chips	1/2 oz.	Onion	1/2 oz.	Beverage	1/2 oz.	Onion	1/2 oz.	Beverage	1/2 oz.
Hot Dog Bun	2 ea.	Salsa	2 oz.	Pudding	1/2 c.	Mustard	1 ea.	Salt & Pepper	1 ea.	Mustard	1 ea.	Salt & Pepper	1 ea.
Glazed Cake	1 sq.	Fresh Fruit	1 ea.	Beverage	16 oz.	Salad Dressing	16 oz.	Bun	16 oz.	Salad Dressing	16 oz.	Fresh Fruit	16 oz.
Beverage	16 oz.	Beverage	16 oz.	Salt & Pepper		Beverage		Beverage		Beverage		Salt & Pepper	
Salt & Pepper													
Dinner	(98)	Dinner	(101)	Dinner	(104)	Dinner	(107)	Dinner	(110)	Dinner	(112)	Dinner	(114)
Open Face Hot Beef *	3 oz.	Country Fried	4 oz.	Fish Portion *	4 oz.	Baked Chicken	1/4 ea.	Salisbury Patty (R)	4 oz.	Hamburger (R)	4 oz.	Lasagna Casserole	1 1/2 c.
Bread	2 sl.	Patty*	3/4 c.	Tartar Sauce	1 oz.	Potato Salad	3/4 c.	Mashed Potatoes	3/4 c.	Sliced Cheese	1/2 oz.	Mixed Vegetables	1/2 c.
Mashed Potatoes	3/4 c.	Steamed Rice	3 oz.	Scalloped Potatoes	3/4 c.	Peas	1/2 c.	Gravy	3 oz.	Grilled Onions	1/4 c.	Tossed Salad	3/4 c.
Brown Gray	3 oz.	Gravy	1/2 c.	Broccoli	1/2 c.	Bread	2 sl.	Sliced Carrots	1/2 c.	Baked Beans	1/4 c.	Salad Dressing	1 oz.
Carrots	1/2 c.	Mixed Vegetables	3/4 c.	Tossed Salad	3/4 c.	Margarine	2 tsp.	Tossed Salad	1/2 c.	Macaroni Salad	1/2 c.	Bread	2 sl.
Tossed Salad	3/4 c.	Tossed Salad	1 oz.	Salad Dressing	1 oz.	Glazed Cake	1 sq.	Salad Dressing	1/2 c.	Mustard	1/2 oz.	Margarine	2 tsp.
Salad Dressing	1 oz.	Salad Dressing	2 sl.	Bread	2 sl.	Beverage	16 oz.	Bread	2 sl.	Ketchup	1 oz.	Glazed Cake	1 sq.
Pudding	1/2 c.	Bread	1 tsp.	Glazed Cake	1 sq.	Salt & Pepper	16 oz.	Margarine	2 sl.	Chips	1/2 oz.	Beverage	16 oz.
Beverage	16 oz.	Margarine	1 sq.	Beverage	16 oz.	Glazed Cake	1/2 c.	Glazed Cake	1/2 oz.	Wheat Bread	2 sl.	Salt & Pepper	1/2 c.
Salt & Pepper		Glazed Cake	16 oz.	Salt & Pepper		Beverage		Beverage		Pudding	16 oz.	Beverage	16 oz.
		Beverage		Salt & Pepper						Salt & Pepper			

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE LOCKDOWN MENU**

**ATTACHMENT #B
RFP NO. DC020205**

WEEK ONE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(1)	Breakfast	(4)	Breakfast	(7)	Breakfast	(10)	Breakfast	(13)	Breakfast	(16)	Breakfast	(18)
French Toast	3 ea.	Scrambled Eggs	3 oz.	Pancakes, 4"	4 ea.	Flour Tortilla, 8"	2 ea.	Grilled Potatoes	3/4 c.	French Toast	3 ea.	Waffles	3 ea.
Syrup	2 oz.	Grilled Potatoes	3/4 c.	Syrup	2 oz.	Scrambled Eggs	3 oz.	Sausage Gravy	3/4 c.	Syrup	3 oz.	Syrup	3 oz.
Grilled Potatoes	3/4 c.	Bread	2 sl.	T-Ham *	2 oz.	Refried Beans	3/4 c.	Biscuits	2 ea.	Omelet W/T-	3/4 c.	T-Ham *	1 oz.
Margarine	2 tbs.	Margarine	2 c.	Margarine	2 tsp.	Shredded Cheese	1 oz.	Applesauce	1/2 c.	Egg	4 oz.	Egg	1 ea.
Applesauce	1/2 c.	Coffee	8 oz.	Coffee	8 oz.	Salsa	2 oz.	Coffee	8 oz.	Sliced Cheese	1/2 oz.	Bun	1 ea.
Coffee	8 oz.	Milk, 2%	8 oz.	Milk, 2%	8 oz.	Coffee	8 oz.	Milk, 2%	8 oz.	Biscuit	2 tsp.	Margarine	2 tsp.
Fruit Juice	8 oz.	Sugar	3 pkt.	Sugar	3 pkt.	Fruit Juice	8 oz.	Sugar	3 pkt.	Margarine	1 ea.	Coffee	1 ea.
Sugar	3 pkt.	Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Milk, 2%	8 oz.	Fruit Juice	8 oz.
Salt & Pepper										Fruit Juice	3 pkt.	Sugar	8 oz.
										Salt & Pepper		Salt & Pepper	3 pkt.
Lunch	(2)	Lunch	(5)	Lunch	(8)	Lunch	(11)	Lunch	(14)	Lunch	(17)	Lunch	(19)
T-Bologna *	3 oz.	T-Ham *	3 oz.	P-Butter & Jelly	2 oz.	T-Salami *	1 oz.	P-Butter & Jelly	2 oz.	Hours Will Be From:		Hours Will Be From:	
Sliced Cheese	1 oz.	Sliced Cheese	1 oz.	T-Pastrami *	2 oz.	T-Bologna *	1 oz.	T-Bologna *	2 oz.	7:00 a.m. to 9:00 a.m.		7:00 a.m. to 9:00 a.m.	
Mustard	1 pkt.	Mustard	1 pkt.	Mustard	1 pkt.	Sliced Cheese	1 oz.	Sliced Cheese	1 oz.				
Mayo	1 pkt.	Mayo	1 pkt.	Bread	4 sl.	Mustard	1 oz.	Mayo	1 pkt.	Insulin Diabetic Diets:		Insulin Diabetic Diets:	
Bread	4 sl.	Bread	4 sl.	Chips	4 oz.	Mayo	1 oz.	Bread	1 pkt.				
Chips	1/2 oz.	Chips	1/2 oz.	Cookies	2 ea.	Bread	4 sl.	Chips	4 sl.				
Cookies	2 ea.	Cookies	2 ea.	Beverage	8 oz.	Chips	1/2 oz.	Cookies	2 ea.				
Beverage	8 oz.	Beverage	8 oz.			Beverage	2 ea.	Beverage	8 oz.				
Dinner	(3)	Dinner	(6)	Dinner	(9)	Dinner	(12)	Dinner	(15)	Dinner	(17)	Dinner	(19)
Hot Sliced Turkey *	3 oz.	Spaghetti W/	6 oz.	T-Sausage W/	4 oz.	Beef Patty (R)	4 oz.	Baked Chicken	1/4 ea.	Salisbury Party (R)	4 oz.	Baked Potato	1/4 c.
Mashed Potatoes	3/4 c.	Meat Sauce	3/4 c.	Cheese Pizza 4" x 4"	2 sl.	Mashed Potatoes	3/4 c.	Tartar Sauce	1 oz.	Baked Potato	1 ea.	Brown Gravy	3 oz.
Turkey Gravy	3 oz.	Green Beans	1/2 c.	Corn	1/2 c.	Gravy	3 oz.	Rice Pilaf	3/4 c.	Brown Gravy	3 oz.	Tossed Salad	3/4 c.
Broccoli Cuts	1/2 c.	Tossed Salad	3/4 c.	Tossed Salad	3/4 c.	Carrots	1/2 c.	Mixed Vegetables	1/2 c.	Tossed Salad	1 oz.	Bread Dressing	1 oz.
Bread	2 sl.	Salad Dressing	1 oz.	Salad Dressing	1 oz.	Bread	2 sl.	Tossed Salad	3/4 c.	Bread Dressing	3/4 c.	Peas	1/2 c.
Margarine	2 tbs.	Garlic Toast	2 sl.	Fresh Fruit	1 oz.	Margarine	2 tsp.	Tossed Salad	1 oz.	Tossed Salad	2 sl.	Glazed Cake	1 oz.
Glazed Cake	1 sq.	Glazed Cake	1 sq.	Beverage	8 oz.	Glazed Cake	1 sq.	Bread	2 sl.	Glazed Cake	2 ea.	Beverage	8 oz.
Beverage	8 oz.	Beverage	8 oz.	Salt & Pepper		Beverage	8 oz.	Cookies	1 sq.	Beverage	8 oz.	Salt & Pepper	
Salt & Pepper													

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE LOCKDOWN MENU**

**ATTACHMENT #B
RFP NO. DC020205**

WEEK TWO

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(20)	Breakfast	(23)	Breakfast	(26)	Breakfast	(29)	Breakfast	(32)	Breakfast	(35)	Breakfast	(37)
Scrambled Eggs	3 oz. 3/4 c.	French Toast	3 ea. 2 oz. 3/4 c.	Pancakes, 4" Syrup T-Ham *	4 ea. 2 oz. 2 oz. 2 tsp.	Grilled Potatoes Sausage Gravy Biscuits Coffee	3/4 c. 3/4 c. 2 ea. 3/4 c.	French Toast Syrup Grilled Potatoes Margarine	3 ea. 2 oz. 2 oz. 2 tsp.	Eggs T-Ham * Grilled Potatoes Bread	2 ea. 2 oz. 2 oz. 2 sl.	Flour Tortilla, 8" Scrambled Eggs Refried Beans Grilled Potatoes	2 ea. 4 oz. 3/4 c.
Grilled Potatoes	2 oz. 2 c.	Syrup	2 oz.	Margarine	2 tsp.	Milk, 2%	8 oz.	Coffee	8 oz.	W/Chorizo	1 ea.	Shredded Cheese	
Bread	2 c.	Grilled Potatoes	2 tsp.	Coffee	8 oz.	Sugar	8 oz.	Milk, 2%	8 oz.	Fresh Fruit	1 ea.	Salsa	1 oz.
Margarine	2 c.	Margarine	2 c.	Milk, 2%	8 oz.	Salt & Pepper	3 pkt.	Sugar	3 pkt.	Coffee	8 oz.	Coffee	2 oz.
Applesauce	1/2 c.	Coffee	8 oz.	Sugar	8 oz.			Salt & Pepper		Milk, 2%	8 oz.	Milk, 2%	8 oz.
Coffee	8 oz.	Milk, 2%	8 oz.							Fruit Juice	8 oz.	Fruit Juice	8 oz.
Fruit Juice	8 oz.	Sugar	8 oz.							Sugar	3 pkt.	Sugar	8 oz.
Sugar	3 pkt.	Salt & Pepper								Salt & Pepper		Salt & Pepper	3 pkt.
Salt & Pepper													
Lunch	(21)	Lunch	(24)	Lunch	(27)	Lunch	(30)	Lunch	(33)	Lunch	(36)	Lunch	(38)
T-Ham *	3 oz. 1 oz. 1 plt.	T-Salami *	3 oz. 1 oz. 1 plt.	Sliced Turkey *	3 oz. 1 oz. 1 plt.	P-Butter & Jelly	2 oz.	T-Ham *	3 oz.	Weekend Modified Meal	Weekend Modified Meal	Weekend Modified Meal	Weekend Modified Meal
Sliced Cheese	1 oz.	Sliced Cheese	1 oz.	Sliced Cheese	1 oz.	T-Pastrami *	1 oz.	Sliced Cheese	1 oz.	Hours Will Be From:	Hours Will Be From:	Hours Will Be From:	Hours Will Be From:
Mustard	1 plt.	Mustard	1 plt.	Mustard	1 plt.	T-Bologna *	1 oz.	Mustard	1 oz.	7:00 a.m. to 9:00 a.m.	7:00 a.m. to 9:00 a.m.	7:00 a.m. to 9:00 a.m.	7:00 a.m. to 9:00 a.m.
Mayo	1 plt.	Mayo	1 plt.	Mayo	1 plt.	Mayo	1 plt.	Mayo	1 plt.	Insulin Diabetic Diets:	Insulin Diabetic Diets:	Insulin Diabetic Diets:	Insulin Diabetic Diets:
Bread	4 sl.	Bread	4 sl.	Bread	4 sl.	Bread	4 sl.	Bread	4 sl.	Pick up week end supplemental	Pick up week end supplemental	Pick up week end supplemental	Pick up week end supplemental
Chips	1/2 oz.	Chips	1/2 oz.	Chips	1/2 oz.	Chips	1/2 oz.	Chips	1/2 oz.	snack at this meal.	snack at this meal.	snack at this meal.	snack at this meal.
Cookies	2 ea.	Cookies	2 ea.	Cookies	2 ea.	Cookies	2 ea.	Cookies	2 ea.				
Beverage	8 oz.	Beverage	8 oz.	Beverage	8 oz.	Beverage	8 oz.	Beverage	8 oz.				
Dinner	(22)	Dinner	(25)	Dinner	(28)	Dinner	(31)	Dinner	(34)	Dinner	(36)	Dinner	(38)
Flour Tortilla, 8"	2 ea.	BBQ Chicken	1/4 ea.	Hamburger (R)	4 oz.	Hot Sliced Turkey *	3 oz.	Hot Dog 10/1	2 ea.	Lasagna Casserole	1 1/2 c.	Hamburger (R)	4 oz.
Burrito Mix	1 c.	Macaroni Salad	3/4 c.	Sliced Cheese	1/2 oz.	Mashed Potatoes	3/4 c.	Mustard	3 oz.	Mixed Vegetables	1/2 c.	Sliced Cheese	1/2 oz.
Spanish Rice	3/4 c.	Broccoli	1/2 c.	Oven Br. Potatoes	3/4 c.	Gravy	3 oz.	Ketchup	1/2 oz.	Tossed Salad	3/4 c.	Oven Br. Potatoes	3/4 c.
Shredded Lettuce	1/2 c.	Bread	2 sl.	Shredded Lettuce	1/4 c.	Green Beans	1/2 c.	Tossed Salad	1/2 oz.	Baked Beans	3/4 c.	Baked Beans	3/4 c.
Shredded Cheese	1 oz.	Margarine	2 sl.	Onion	2 sl.	Tossed Salad	3/4 c.	Garlic Toast	2 sl.	Pickle Chips	2 ea.	Pickle Chips	2 ea.
Salsa	2 oz.	Cookies	2 ea.	Mustard	1/2 oz.	Salad Dressing	1 oz.	Pudding	1/2 c.	Shredded Lettuce	1/4 c.	Shredded Lettuce	1/4 c.
Glazed Cake	1 sq.	Beverage	8 oz.	Ketchup	2 oz.	Bread	2 sl.	Beverage	8 oz.	Mustard	1/2 oz.	Mustard	1/2 oz.
Beverage	8 oz.	Salt & Pepper		Gelatin	1 ea.	Cookies	2 ea.	Gelatin	1/2 c.	Ketchup	2 oz.	Ketchup	2 oz.
Salt & Pepper				Beverage	1 sq.	Beverage	8 oz.	Beverage	8 oz.	Bun	1 ea.	Bun	1 ea.
				Salt & Pepper	8 oz.	Salt & Pepper		Salt & Pepper		Pudding	1/2 c.	Pudding	1/2 c.
										Beverage	8 oz.	Beverage	8 oz.
										Salt & Pepper		Salt & Pepper	

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE LOCKDOWN MENU**

**ATTACHMENT #B
RFP NO. DC020205**

WEEK THREE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(39)	Breakfast	(42)	Breakfast	(45)	Breakfast	(48)	Breakfast	(51)	Breakfast	(54)	Breakfast	(56)
Grilled Potatoes	3/4 c.	French Toast	3 ea.	Pancakes, 4"	4 ea.	Flour Tortilla, 8"	2 ea.	Scrambled Eggs	3 oz.	French Toast	3 ea.	Grilled Potatoes	3/4 c.
Sausage Gravy	3/4 c.	Syrup	2 oz.	Syrup	2 oz.	Scrambled Eggs	3 oz.	Grilled Potatoes	3/4 c.	Boiled Egg	3 oz.	Boiled Egg	1 ea.
Biscuits	2 ea.	Margarine	2 tsp.	T-Ham *	2 oz.	Refried Beans	3/4 c.	Bread	2 sl.	Sausage Gravy	1 c.	Biscuits	1 c.
Coffee	8 oz.	Applesauce	1/2 c.	Margarine	2 tsp.	Shredded Cheese	1 oz.	Coffee	2 oz.	Omelet W/T-Ham	4 oz.	Biscuit	2 ea.
Milk, 2%	8 oz.	Coffee	8 oz.	Coffee	8 oz.	Salsa	2 oz.	Milk, 2%	8 oz.	Biscuit	1 ea.	Margarine	2 tsp.
Sugar	3 pt.	Milk, 2%	8 oz.	Milk, 2%	8 oz.	Coffe	8 oz.	Sugar	3 pt.	Margarine	1 ea.	Pastry	1 ea.
Salt & Pepper		Sugar	3 pt.	Sugar	3 pt.	Fruit Juice	8 oz.	Sugar	3 pt.	Fresh Fruit	1 ea.	Coffee	8 oz.
		Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Milk, 2%	8 oz.	Milk, 2%	8 oz.
Lunch	(40)	Lunch	(43)	Lunch	(46)	Lunch	(49)	Lunch	(52)	Lunch	(55)	Lunch	(57)
T-Pastrami *	2 oz.	P-Butter & Jelly	2 oz.	T-Ham *	3 oz.	T-Bologna *	3 oz.	T-Salami *	3 oz.	Hours Will Be From:		Hours Will Be From:	
T-Bologna *	1 oz.	Sliced Turkey *	2 oz.	Sliced Cheese	1 oz.	Sliced Cheese	1 oz.	Sliced Cheese	1 oz.	7:00 a.m. to 9:00 a.m.		7:00 a.m. to 9:00 a.m.	
Sliced Cheese	1 oz.	Mustard	1 pt.	Mustard	1 pt.	Mustard	1 pt.	Mustard	1 pt.				
Mustard	1 pt.	Bread	4 sl.	Mayo	1 pt.	Mayo	1 pt.	Mayo	1 pt.				
Mayo	1 pt.	Chips	1/2 oz.	Bread	4 sl.	Bread	4 sl.	Bread	4 sl.				
Bread	4 sl.	Cookies	2 ea.	Chips	1/2 oz.	Chips	1/2 oz.	Chips	1/2 oz.				
Chips	1/2 oz.	Beverage	8 oz.	Cookies	2 ea.	Cookies	2 ea.	Cookies	2 ea.				
Cookies	2 ea.	Beverage	8 oz.	Beverage	8 oz.	Beverage	8 oz.	Beverage	8 oz.				
Dinner	(41)	Dinner	(44)	Dinner	(47)	Dinner	(50)	Dinner	(53)	Dinner	(55)	Dinner	(57)
BBQ Chicken	1/4 ea.	Beef Patty (R)	4 oz.	Country Fried Patty *	4 oz.	Spaghetti W/ Meat Sauce	6 oz.	Hamburger Patty	4 oz.	Baked Chicken	1/4 ea.	Chicken Patty *	3 oz.
Baked Potato	1 ea.	Mashed Potatoes	3/4 c.	Steamed Rice	3/4 c.	(R) W/Grilled Onions	2 oz.	Mashed Potatoes	2 oz.	Mashed Potatoes	3/4 c.	Cheese Blend	1/2 oz.
Corn	1/2 c.	Brown Gravy	3 oz.	Brown Gravy	1/2 c.	Tossed Salad	3/4 c.	Brown Gravy	3 oz.	Brown Gravy	1/2 c.	Pasta	3/4 c.
Tossed Salad	3/4 c.	Carrots	1/2 c.	Coleslaw	1/2 c.	Bread	2 sl.	Broccoli Dressing	1/2 c.	Carrots	1/2 c.	Marinara Sauce	2 oz.
Salad Dressing	1 oz.	Bread	2 sl.	Bread	2 sl.	Margarine	2 sl.	Garlic Toast	2 sl.	Tossed Salad	1/2 c.	Mixed Vegetables	1/2 c.
Bread	2 sl.	Margarine	2 tsp.	Margarine	2 tsp.	Glazed Cake	2 ea.	Cookies	2 sl.	Salad Dressing	1 oz.	Tossed Salad	3/4 c.
Margarine	2 sl.	Gelatin	1/2 c.	Gelatin	1/2 c.	Beverage	8 oz.	Margarine	1 sq.	Glazed Cake	8 oz.	Glazed Cake	1 oz.
Pudding	1/2 c.	Beverage	8 oz.	Beverage	8 oz.	Beverage	8 oz.	Beverage	1 sq.	Beverage	8 oz.	Beverage	1 oz.
Beverage	8 oz.	Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper	8 oz.

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE LOCKDOWN MENU**

**ATTACHMENT #B
RFP NO. DC020205**

WEEK FOUR

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(58)	Breakfast	(61)	Breakfast	(64)	Breakfast	(67)	Breakfast	(70)	Breakfast	(73)	Breakfast	(75)
French Toast	3 ea.	Scrambled Eggs	3 oz.	Pancakes, 4"	4 ea.	French Toast	3 ea.	Grilled Potatoes	3/4 c.	Flour Tortilla, 8"	2 ea.	Waffles	3 ea.
Syrup	2 oz.	Grilled Potatoes	3/4 c.	Syrup	2 oz.	Syrup	2 oz.	Sausage Gravy	3/4 c.	Scrambled Eggs	4 oz.	Syrup	3 oz.
Margarine	2 tsp.	Bread	2 sl.	T-Ham *	2 oz.	Grilled Potatoes	3/4 c.	Biscuits	2 ea.	Refried Beans	3/4 c.	T-Ham *	1 oz.
Applesauce	1/2 c.	Margarine	2 tsp.	Margarine	2 tsp.	Margarine	2 tsp.	Fresh Fruit	1 ea.	Grilled Potatoes	1 ea.	Egg	1 ea.
Coffee	8 oz.	Coffee	8 oz.	Coffee	8 oz.	Coffee	8 oz.	Coffee	8 oz.	W/Chorizo	3/4 c.	Sliced Cheese	1/2 oz.
Fruit Juice	8 oz.	Milk, 2%	8 oz.	Milk, 2%	8 oz.	Milk, 2%	8 oz.	Fruit juice	3 pkt.	Shredded Cheese	1 oz.	Bun	1 ea.
Sugar	3 pbt.	Sugar	3 pbt.	Sugar	3 pbt.	Sugar	3 pbt.	Sugar	3 pbt.	Salsa	2 oz.	Margarine	2 tsp.
Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Coffee	8 oz.	Fresh Fruit	1 ea.
										Milk, 2%	8 oz.	Coffee	8 oz.
										Fruit Juice	8 oz.	Milk, 2%	8 oz.
										Sugar	3 pbt.	Fruit Juice	8 oz.
										Salt & Pepper	3 pbt.	Salt & Pepper	3 pbt.
Lunch	(59)	Lunch	(62)	Lunch	(65)	Lunch	(68)	Lunch	(71)	Weekend Modified Meal		Weekend Modified Meal	
T-Ham *	3 oz.	P-Butter & Jelly	2 oz.	T-Salami *	3 oz.	P-Butter & Jelly	2 oz.	Sliced Turkey *	3 oz.	Hours Will Be From:		Hours Will Be From:	
Sliced Cheese	1 oz.	Sliced Turkey *	2 oz.	Sliced Cheese	1 oz.	T-Pastrami *	2 oz.	Sliced Cheese	1 oz.	7:00 a.m. to 9:00 a.m.		7:00 a.m. to 9:00 a.m.	
Mustard	1 pbt.	Mayo	1 pbt.	Mustard	1 pbt.	Mustard	1 pbt.	Mustard	1 pbt.	Insulin Diabetic Diets:		Insulin Diabetic Diets:	
Mayo	1 pbt.	Bread	4 sl.	Bread	1 pbt.	Bread	4 sl.	Mayo	1 pbt.				
Bread	4 sl.	Chips	1/2 oz.	Chips	4 sl.	Chips	1/2 oz.	Bread	4 sl.				
Chips	1/2 oz.	Cookies	2 ea.	Cookies	1/2 oz.	Cookies	2 ea.	Chips	1/2 oz.				
Cookies	2 ea.	Beverage	8 oz.	Beverage	2 ea.	Beverage	8 oz.	Cookies	2 ea.				
Beverage	8 oz.							Beverage	8 oz.				
Dinner	(60)	Dinner	(63)	Dinner	(66)	Dinner	(69)	Dinner	(72)	Dinner	(74)	Dinner	(76)
Grilled T-Ham Patty *	3 oz.	Salisbury Patty (R)	4 oz.	Oven Fried Chicken	1/4 ea.	Meat & Cheese	2 sl.	Pasta W/ Meat Sauce	3/4 c.	Hamburger (R)	4 oz.	Tortillas, 8"	2 ea.
Scalloped Potatoes	3/4 c.	Mashed Potatoes	3/4 c.	Mashed Potatoes	3/4 c.	Herb Noodles	3/4 c.	Peas	1/2 c.	Diced Chicken Meat	1/2 oz.	Diced Chicken Meat	3 oz.
Peas	1/2 c.	Brown Gravy	3 oz.	Chicken Gravy	3 oz.	Broccoli Cuts	1/2 c.	Tossed Salad	3/4 c.	Refried Beans	3/4 c.	Refried Beans	3/4 c.
Tossed Salad	3/4 c.	Corn	1/2 c.	Green Beans	1/2 c.	Tossed Salad	3/4 c.	Spanish Rice	3/4 c.	Spanish Rice	3/4 c.	Spanish Rice	3/4 c.
Salad Dressing	1 oz.	Bread	2 sl.	Garlic Bread	1 oz.	Garlic Bread	1 oz.	Shredded Lettuce	1 oz.	Grilled Onions & Peppers	1/4 c.	Shredded Lettuce	1/4 c.
Cornbread	1 sq.	Margarine	2 tsp.	Glazed Cake	1 ea.	Glazed Cake	1 sq.	Tomato	2 sl.	Tomato	2 sl.	Tomato	2 sl.
Margarine	2 tsp.	Glazed Cake	1 sq.	Bread	2 sl.	Bread	2 sl.	Mustard	1 sq.	Mustard	1 sq.	Mustard	1 sq.
Pudding	1/2 c.	Beverage	8 oz.	Margarine	1 sq.	Margarine	1 sq.	Ketchup	8 oz.	Ketchup	2 oz.	Ketchup	1 oz.
Beverage	8 oz.	Salt & Pepper		Glazed Cake	1 sq.	Glazed Cake	1 sq.	Bun	1 ea.	Bun	1 ea.	Bun	1 ea.
Salt & Pepper				Beverage	8 oz.	Beverage	8 oz.	Pudding	1/2 c.	Pudding	1/2 c.	Pudding	1/2 c.
				Salt & Pepper		Salt & Pepper		Beverage	8 oz.	Beverage	8 oz.	Beverage	8 oz.
								Salt & Pepper		Salt & Pepper		Salt & Pepper	

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE LOCKDOWN MENU**

**ATTACHMENT #B
RFP NO. DC020205**

WEEK FIVE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(77)	Breakfast	(80)	Breakfast	(83)	Breakfast	(86)	Breakfast	(89)	Breakfast	(92)	Breakfast	(94)
Grilled Potatoes	3/4 c.	Flour Tortilla, 8"	2 ea.	Pancakes, 4"	4 ea.	French Toast	3 ea.	Scrambled Eggs	3 oz.	Waffles	3 ea.	Pancakes, 4"	4 ea.
Sausage Gravy	3/4 c.	Scrambled Eggs	3 oz.	Syrup	2 oz.	Grilled Potatoes	3/4 c.	Grilled Potatoes	3/4 c.	Syrup	3 oz.	Scrambled Eggs	3 oz.
Biscuits	2 ea.	Refried Beans	3/4 c.	T-Ham *	2 oz.	Bread	2 sl.	T-Ham *	2 oz.	T-Ham *	1 ea.	Scrambled Eggs W/	
Fresh Fruit	1 ea.	Shredded Cheese	1 oz.	Margarine	2 tsp.	Fresh Fruit	1 ea.	Boiled Egg	1 ea.	Cheese, Sausage,		Cheese, Sausage,	
Coffee	8 oz.	Salsa	2 oz.	Coffee	8 oz.	Coffee	8 oz.	Grilled Potatoes	3/4 c.	Potatoes, Peppers, &		Potatoes, Peppers, &	
Milk, 2%	8 oz.	Coffee	8 oz.	Milk, 2%	8 oz.	Fruit juice	8 oz.	Bread	2 sl.	Onions	6 oz.	Onions	6 oz.
Sugar	3 pkts.	Fruit Juice	8 oz.	Sugar	3 pkts.	Sugar	3 pkts.	Margarine	1 ea.	Bread	2 sl.	Bread	2 sl.
Salt & Pepper		Salt & Pepper	3 pkts.	Salt & Pepper		Salt & Pepper		Pastry	1 ea.	Margarine	2 tsp.	Margarine	2 tsp.
								Fresh Fruit	1 ea.	Fresh Fruit	1 ea.	Fresh Fruit	1 ea.
								Coffee	8 oz.	Coffee	8 oz.	Coffee	8 oz.
								Milk, 2%	8 oz.	Milk, 2%	8 oz.	Milk, 2%	8 oz.
								Fruit Juice	8 oz.	Fruit Juice	8 oz.	Fruit Juice	8 oz.
								Sugar	3 pkts.	Sugar	3 pkts.	Sugar	3 pkts.
								Salt & Pepper		Salt & Pepper		Salt & Pepper	
Lunch	(78)	Lunch	(81)	Lunch	(84)	Lunch	(87)	Lunch	(90)	Lunch	(93)	Lunch	(95)
T-Salami *	1 oz.	T-Salami *	3 oz.	P-Butter & jelly	2 oz.	T-Bologna *	2 oz.	P-Butter & Jelly	2 oz.	Hours Will Be From:		Hours Will Be From:	
T-Bologna *	2 oz.	Slited Cheese	1 oz.	T-Ham *	2 oz.	T-Ham *	1 oz.	T-Salami *	1 oz.	7:00 a.m. to 9:00 a.m.		7:00 a.m. to 9:00 a.m.	
Sliced Cheese	1 oz.	Mustard	1 pkt.	Mustard	1 pkt.	Sliced Cheese	1 oz.	Sliced Cheese	1 oz.				
Mustard	1 pkt.	Mayo	1 pkt.	Bread	4 sl.	Mustard	1 pkt.	Mustard	1 pkt.	Insulin Diabetic Diets:		Insulin Diabetic Diets:	
Mayo	1 pkt.	Bread	4 sl.	Chips	1/2 oz.	Mayo	4 sl.	Bread	4 sl.	Pick up week end supplemental		Pick up week end supplemental	
Bread	4 sl.	Chips	1/2 oz.	Cookies	2 ea.	Bread	1/2 oz.	Chips	1/2 oz.	snack at this meal.		snack at this meal.	
Chips	1/2 oz.	Cookies	2 ea.	Beverage	8 oz.	Cookies	2 ea.	Cookies	2 ea.				
Cookies	2 ea.	Beverage	8 oz.			Beverage	8 oz.	Beverage	8 oz.				
Dinner	(79)	Dinner	(82)	Dinner	(85)	Dinner	(88)	Dinner	(91)	Dinner	(93)	Dinner	(95)
Hot Sliced Turkey *	3 oz.	Meat Loaf *	4 oz.	Spaghetti W/	6 oz.	Oven Fried Chicken	1/4 ea.	Grilled T-Ham Patty*	3 oz.	Hamburger (R)	4 oz.	Baked Chicken	1/4 ea.
Mashed Potatoes	3/4 c.	Mashed Potatoes	3/4 c.	Meat Sauce	3/4 c.	Rice Pilaf	3/4 c.	Baked Potatoes	1 ea.	Sliced Cheese	1/2 oz.	Herb Noodles	3/4 c.
Gravy	3 oz.	Gravy	3 oz.	Green Beans	1/2 c.	Broccoli Cuts	1/2 c.	Mixed Vegetables	1/2 c.	Oven Br. Potatoes	3/4 c.	Poultry Gravy	1/2 c.
Carrots	1/2 c.	Mixed Vegetables	1/2 c.	Tossed Salad	1/4 c.	Bread	2 sl.	Tossed Salad	3/4 c.	Baked Beans	1/2 c.	Carrots	1/2 c.
Coleslaw	1/2 c.	Bread	2 sl.	Salad Dressing	1 oz.	Margarine	2 tsp.	Salad Dressing	1 oz.	Macaroni Salad	1/4 c.	Tossed Salad	1/4 c.
Bread	2 sl.	Margarine	2 tsp.	Garlic Bread	2 sl.	Pudding	1/2 c.	Bread	2 sl.	Shredded Lettuce	1/4 c.	Salad Dressing	1 oz.
Glazed Cake	1 sq.	Glazed Cake	1 sq.	Glazed Cake	8 oz.	Beverage	1 sq.	Margarine	2 tsp.	Pickle Chips	2 ea.	Bread	2 sl.
Beverage	8 oz.	Beverage	8 oz.	Beverage	8 oz.	Salt & Pepper	8 oz.	Glazed Cake	1 sq.	Onion	2 sl.	Margarine	2 sl.
Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Beverage	8 oz.	Mustard	2 oz.	Gelatin	1/2 c.
								Salt & Pepper		Ketchup	2 oz.	Beverage	8 oz.
										Bun	1 ea.	Salt & Pepper	1/2 c.
										Pudding	8 oz.	Beverage	8 oz.
										Beverage	1/2 c.	Salt & Pepper	8 oz.

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE LOCKDOWN MENU**

**ATTACHMENT #B
RFP NO. DC020205**

WEEK SIX

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	(96)	Breakfast	(99)	Breakfast	(102)	Breakfast	(105)	Breakfast	(108)	Breakfast	(111)	Breakfast	(113)
Scrambled Eggs	3 oz.	Pancakes, 4"	4 ea.	French Toast	3 sl.	Grilled Potatoes	3/4 c.	Flour Tortilla, 8"	2 ea.	French Toast	3 ea.	Grilled Potatoes	3/4 c.
Grilled Potatoes	3/4 c.	Syrup	2 oz.	Syrup	2 oz.	Sausage Gravy	3/4 c.	Scrambled Eggs	3 oz.	Boiled Egg	3 oz.	Boiled Egg	1 ea.
Bread	2 sl.	T-Ham *	2 oz.	Margarine	2 oz.	Biscuits	2 ea.	Refried Beans	3/4 c.	Sausage Gravy	1 c.	Biscuits	2 ea.
Coffee	8 oz.	Margarine	2 tsp.	Applesauce	1/2 c.	Coffee	8 oz.	Shredded Cheese	1 oz.	Egg	1/2 oz.	Margarine	2 tsp.
Milk, 2%	8 oz.	Coffee	8 oz.	Coffee	8 oz.	Milk, 2%	8 oz.	Salsa	2 oz.	Sliced Cheese	1 oz.	T-Ham *	1 ea.
Sugar	3 pkt.	Milk, 2%	8 oz.	Sugar	8 oz.	Sugar	3 pkt.	Coffee	8 oz.	Bun	1 ea.	Fresh Fruit	1 ea.
Salt & Pepper		Sugar	3 pkt.	Salt & Pepper		Salt & Pepper		Fruit Juice	3 pkt.	Margarine	2 tsp.	Coffee	8 oz.
								Sugar	3 pkt.	Fresh Fruit	1 ea.	Milk, 2%	8 oz.
								Salt & Pepper		Coffee	8 oz.	Fruit Juice	8 oz.
								Sugar	3 pkt.	Milk, 2%	8 oz.	Sugar	3 pkt.
								Salt & Pepper		Salt & Pepper	3 pkt.	Salt & Pepper	
Lunch	(97)	Lunch	(100)	Lunch	(103)	Lunch	(106)	Lunch	(109)	Lunch	(109)	Lunch	(109)
T-Pastrami *	2 oz.	P-Butter & Jelly	2 oz.	T-Ham *	2 oz.	P-Butter & Jelly	2 oz.	T-Salami *	2 oz.	T-Bologna *	2 oz.	T-Bologna *	1 oz.
T-Bologna *	1 oz.	T-Salami *	1 oz.	T-Bologna *	1 oz.	T-Pastrami *	1 oz.	Mustard	1 pkt.	Mustard	1 pkt.	Mustard	1 pkt.
Shredded Cheese	1 oz.	Sliced Cheese	1 oz.	Mustard	1 pkt.	Mustard	4 sl.	Bread	1 pkt.	Mayo	1 pkt.	Mayo	4 sl.
Mustard	1 pkt.	Mayo	1 pkt.	Mayo	4 sl.	Mayo	1 pkt.	Chips	2 ea.	Bread	1/2 oz.	Bread	1/2 oz.
Mayo	1 pkt.	Bread	4 sl.	Bread	4 sl.	Bread	8 oz.	Cookies	2 ea.	Cookies	2 ea.	Cookies	8 oz.
Bread	4 sl.	Chips	1/2 oz.	Chips	2 ea.	Chips	8 oz.	Beverage	8 oz.	Beverage	8 oz.	Beverage	8 oz.
Chips	1/2 oz.	Cookies	2 ea.	Cookies	2 ea.	Cookies	8 oz.						
Cookies	2 ea.	Beverage	8 oz.	Beverage	8 oz.	Beverage	8 oz.						
Dinner	(98)	Dinner	(101)	Dinner	(104)	Dinner	(107)	Dinner	(110)	Dinner	(110)	Dinner	(112)
Open Face Hot Beef *	3 oz.	Country Fried	4 oz.	Fish Portion *	4 oz.	Baked Chicken	1/4 ea.	Salisbury Patty (R)	4 oz.	Hamburger (R)	4 oz.	Lasagna Casserole	1 1/2 c.
Bread	2 sl.	Patty*	3/4 c.	Tartar Sauce	1 oz.	Potato Salad	3/4 c.	Mashed Potatoes	3/4 c.	Sliced Cheese	1/2 oz.	Mixed Vegetables	1/2 c.
Mashed Potatoes	3/4 c.	Steamed Rice	3 oz.	Scalloped Potatoes	1/2 c.	Peas	1/2 c.	Gravy	3 oz.	Grilled Onions	1/4 c.	Tossed Salad	3/4 c.
Brown Gravy	3 oz.	Gravy	1/2 c.	Broccoli	3/4 c.	Bread	2 sl.	Sliced Carrots	1/2 c.	Baked Beans	3/4 c.	Macaroni Salad	1 oz.
Carrots	1/2 c.	Mixed Vegetables	3/4 c.	Tossed Salad	1/2 c.	Margarine	2 tsp.	Tossed Salad	3/4 c.	Mustard	1/2 oz.	Bread	2 sl.
Tossed Salad	3/4 c.	Tossed Salad	1 oz.	Salad Dressing	1 oz.	Glazed Cake	1 sq.	Salad Dressing	1 oz.	Margarine	2 tsp.	Glazed Cake	1 sq.
Salad Dressing	1 oz.	Salad Dressing	2 sl.	Bread	2 sl.	Beverage	8 oz.	Bread	2 sl.	Beverage	1 oz.	Beverage	8 oz.
Pudding	1/2 c.	Bread	1 tsp.	Glazed Cake	1 sq.	Salt & Pepper	3 oz.	Margarine	2 tsp.	Chips	1/2 oz.	Glazed Cake	1 sq.
Beverage	8 oz.	Margarine	1 sq.	Beverage	8 oz.	Salt & Pepper		Glazed Cake	1 sq.	Wheat Bread	2 sl.	Beverage	1/2 oz.
Salt & Pepper		Glazed Cake	8 oz.	Beverage		Salt & Pepper		Beverage	8 oz.	Pudding	2 sl.	Salt & Pepper	8 oz.
		Salt & Pepper		Salt & Pepper		Salt & Pepper		Salt & Pepper		Beverage	1/2 oz.	Salt & Pepper	

R = Raw, Uncooked Portion. * = Pre-cooked, Edible Portion.

	Diet Load Sh WEEK 1 DA Monday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	En' Rec Pw.	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative ...	Ovo-Lact Vege/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)*	1 (no salt)	1	1	1	1	grits only	1	1	1
	French Toast	Slice	3	3	3	3	3	3	3	3	2 hard boiled eggs	2 sl. bread + 2 TB PB	3	2 sl. bread + 2 TB PB
	Syrup	Oz	2	2	2	low cal	2	low cal	2	2	none	1 Tb Jelly	2	1 TB Jelly
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2	2	2
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Grilled Potatoes	Cup	3/4	3/4 c mashed	1 ½ C buttered rice	1 ½ c boiled	3/4	3/4	3/4 c mashed	3/4	1 ½	3/4	3/4	3/4
	Applesauce	Cup	½	½	½	½	½	½	½	½	½	½	½	½
	Fruit Juice	Oz	8	8	1c non-dairy drink	8	8 oz milk	8 oz milk	8	8	8	8	8	8
L U N C H	Burrito Mix	Cup	1	1	Cooked Ground Turkey 3 oz.	Cooked Ground Turkey 3 oz	1	3/4	Turkey 3 oz	Ground Turkey 4 oz	1	½ c Veg	1 c Veg Taco Mix	1 c Veg Taco Mix
	Flour Tortillas	Each	2	2	2	2	2	2	2	2	none	2	2	2
	Corn	Cup	½	½	½	½	½	½	½ c carrots	½	½	½	½	½
	Shredded Lettuce	Cup	½	½	½	½	½	½	none	½	½	½	½	1/2
	Shredded Cheese	Oz	1	1	none	none	1	½	1	none	1	none	1	1
	Onions, Diced	Oz	1	1	none	none	1	1	none	½	½	1 c beans	1	1
	Salsa	Oz	2	2	none	none	2	1	none	none	2	none	2	2
	Spanish Rice	Cup	½	½	1 ½ c Buttered Rice	1 ½ c plain rice	½	½	1/2 c plain	½	1 ½	1 c plain	1 c plain	1 c plain
D I N N E R	Pudding	Cup	½	½	1 apple	1 fruit	½	1 fruit	½	1/2	1 fruit	1 fruit	½	½
	Sliced Turkey	Oz	3	3 oz chopped	3 Oz cooked ground turkey meat	3 Oz cooked ground turkey	3	3	3	3 oz cooked turkey	1	1 c Black Beans	1 c Black Beans	1 c Black Beans
	Turkey Gravy	Oz	3	3	none	none	3	2	2	2	none	none	none	none
	Mashed Potatoes	Cup	3/4	3/4	1 ½ c Buttered Pasta	1 ½	3/4	3/4	1	3/4	1 ½	3/4	3/4	3/4
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2	2	2
	Broccoli	Cup	½	½	½	½	½	½	none	½	½	½	½	½
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit
Milk, 2%		Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List		*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk							Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal Insulin dependant only		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each	
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List									

	DIET LOAD SH WEEK 1 DAY Tuesday/Men	AMT	Men Reg.	Dental or Mechanic al Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rece PM	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Vege/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	Scrambled Eggs	Oz	3	3	3	1 boiled egg	3	3	3	3	3	2 Tb PB	3	2 Tb PB
	Grilled Potatoes	Cup	3/4	3/4 (chop)	1½ c Buttered Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	1½	3/4	3/4	3/4
	Bread	Slice	2	2	2 tortillas	2 sl wheat	2	2	2 sl white	2	none	2	2	2
	Margarine	Tsp	2	2	2	1	2	2	2	2	1 TB Jelly	2	1 TB Jelly	
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
	Applesauce	Cup	none	none	½	½	½	½	none	none	none	½	½	½
L U N C H	Beef Noodle Soup	Cup	1	1	½ c vegetables	½ c vegetables	1	1	1 c strained	½ c veg	½ c veg	1 c Rice	1 c veg soup	1 c veg soup
	T-Hot Dogs	Each	2	2 chopped	3 oz cooked chicken + 1 oz salad dressing	3 oz cooked chicken meat	2	3 oz cooked chicken meat	2	2	2	1 c beans	1 c veg chili	1 c veg chili
	Buns	Each	2	2	2	2 sl bread	2	2 sl bread	2	2	none	2	2	2
	Onions	Cup	¼	¼	¼	none	¼	¼	none	¼	¼	none	¼	¼
	Oven Br. Potatoes	Cup	3/4	3/4 mash	1½ Cup Rice	1 cup boiled	3/4	3/4	3/4 c boiled	3/4	1½	3/4	3/4	3/4
	Ketchup	Oz	2	2	none	none	2	1	2	none	2	none	2	2
	Mustard	Oz	1	1	none	none	1	1	1	1	none	none	none	none
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	1	low cal	1	low cal	none	1	1	1	1	1
	Gelatin	Cup	1/2	½	½	1 fruit	½	1 fruit	½	½	1 fruit	1 fruit	1 fruit	1 fruit
D I N N E R	Spaghetti	Oz	6	6	1½ cups	1½ cups	6	6	6	6	1½ c rice	6	6	6
	Meat Sauce	Cup	3/4	3/4	3 oz cooked turkey	3 oz turkey	3/4	½	3 oz turkey	3oz turkey	3/4	1 c beans	1 c Veg Sauce	1 c Veg Sauce
	Garlic Toast	Slice	2	2	2	2 bread + 1 tsp marg	2	2	2	2	1 tsp marg	2	2	2
	Green Beans	Cup	½	½	½	½	½	½	½	½	½	½	½	½
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	1	low cal	1	low cal	none	1	1	1	1	1
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List		*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal	
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each	
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List									

	DIET LOAD SH WEEK 1: DAY/ Wednesday/Mon.	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rec PM	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Veg/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	Pancakes	Each	4	4	4	4	4	3	4	2 boiled egg	2 boiled egg	2 Tb PB	4	4
	Syrup	Oz	2	2	2	low cal	2	low cal	2	1 c fried pot	1 c fried pot	1 Tb jelly	2	2
	T-Ham	Oz	2	2oz chopped	2 boiled eggs	1 boiled egg	2	2	2	2	none	2 tb PB	2tb PB	
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2 sl bread	2	2
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
L U N C H	Fresh Fruit	Each	none	none	1	1	1	1	none	1	none	1	1	1
	Vegetable Soup	Cup	1	1	½ c vegetables	½ c vegetables	1	1	Strained	1	1 c veg	3/4 c rice	vegetarian	vegetarian
	Sliced T-Salami	Oz	3	3 oz bologna	2 boiled eggs + 1 oz salad dressing	2-boiled eggs	3	2 oz t-ham	3 oz t-ham	4	3	3/4 c Plain lentils	3/4 c lentils	3/4 c lentils
	Sliced Cheese	Oz	1	1	none	none	1	½	1	none	1	none	3	3
	Bread	Slice	4	4	4	4	4	4	4	4	1 b. potato	2	4	4
	Mustard & Salad Dressing	Oz Each	½	½	none	none	½	mustard only	½	½	½	2 tsp marg	½	1/2
	Pasta Salad w/veg	Cup	1	1	1 ½ c buttered pasta	1	1	3/4	1	1	1 c Rice	1	1	1
	Shredded Lettuce	Cup	½	½	½	½	½	½	none	½	½	½	½	½
D I N N E R	Fruit	Each	1	½ c canned	½ c canned	1	1	1	½ c canned	1	1	1	1	1
	T-Sausage Pizza	Slice	2	¾ c meat sauce + 1 c pasta	3 oz Cooked Ground Turkey + 1 cup pasta	3 oz Cooked Ground Turkey + 1 cup pasta	2	2	2	3 oz Cooked Ground Turkey + 1 cup pasta	3 oz meat sauce + 1 c Rice	1 c beans + 1 c pasta	2 sl cheese pizza	2 sl cheese pizza
	Corn	Cup	½	½	½	½	½	½	½ c carrots	½	½	½	½	½
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1
	Fresh Fruit	Each	1	½ c canned	½ c canned	1	1	1	½ c canned	1	1	1	1	1
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs				1 Each 2 Slice 1 Each										

	DIET LOAD SHEET WEEK 1 DAY Thursday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Fried Rice Pasta Pineapple Sink	2500 Calorie Diabetic Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Vege/ Kosher	Lacto Veg/ Sikhs
BREAKFAST	Hot Cereal	Cup	none	none	1 1/2 (no salt)	1 (no salt)	none	none	none	none	none	1	none	none
	Flour Tortillas	Each	2	2	2	2	2	2	2	none	2	2	2	2
	Scrambled Eggs	Oz	3	3	3	3	3	3	3	3	3/4 c rice	3	3/4 c rice	
	Refried Beans	Cup	3/4	3/4	1 1/2 c Buttered Rice	3/4	3/4	3/4	3/4	1 c rice	1 1/2	3/4	3/4	3/4
	Shredded Cheese	Oz	1	1	none	none	1	1/2	1	none	2	none	1	2
	Salsa	Oz	2	2	none	none	2	2	none	none	2	none	2	2
	Sugar	Pkt	3	3	3	sweet'n'low	3	sweet'n'low	3	3	3	3	3	3
	Fruit Juice	Oz	8	8	1c non-dairy drink	8	8 oz milk	8 oz milk	8	8	8	8	8	8
	Fresh Fruit	Each	none	none	none	1	1	1	none	1	1	1	1	1
LUNCH	Tomato Rice Soup	Cup	1	1	1 1/2 c rice	1 1/2 c Rice	1	1	1 c strained	1	1 1/2 c Rice	1/2 c veg	1/2 veg	1/2 c veg
	Grilled T-Ham	Oz	3	3 oz (Chopped)	3 oz cooked chicken + 1 oz salad dressing	3 oz chicken	3	2	3	4 oz t-Ham	3	1 c Rice	none	none
	Cheese	Oz	1	1	none	none	1	1	1	none	1	none	3 oz	3 oz
	Bread	Slice	4	4	4	4	4	4	4	1/2 oz chips	4	4	4	4
	Baked Beans	Cup	3/4	3/4	1/2 c vegetables	3/4 c plain beans	3/4	3/4	1/2 c vegetables	1/2 c cooked vegetables	3/4	1	1	1
	Cookies	Each	2	1/2 c canned fruit	2	1 fruit	2	1 fruit	2	2	1 fruit	1 fruit	2	1 fruit
DINNER	Beef Patty	Oz	4	4	3 oz cooked lamb	3 oz cooked lamb	4	3	4	4 oz cooked turkey	4	1 c beans	1 Veg Patty	1 Veg Patty
	Mashed Potatoes	Cup	3/4	3/4	1 1/2 c Pasta	3/4	3/4	3/4	3/4	3/4	1 1/2	3/4	3/4	3/4
	Gravy	Oz	3	3	none	none	3	2	3	3	none	none	none	none
	Bread	Slice	2	2	2	2	2	2	2	none	2	2	2	2
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2
	Carrots	Cup	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal	
Prescription Supported Snack: 1/2 PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Insulin dependant only Meat/Cheese/or PB Bread Condiment	
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					1 Each 2 Slice 1 Each					2 Oz 2 Slice 1 Each				

	DIET LOAD SHEET WEEK 1 DA/ Friday/Men		AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	F ed F ed P ri s 1 Pri Stk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lact Vege/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1	
	Biscuits	Each	2	2	2 sl bread	2 sl bread	2	2	2	2	3/4 c Rice	2	2	2	
	Sausage Gravy	Cup	3/4	3/4	2 oz cooked turkey	2 oz cooked turkey	3/4	3/4	3/4	3/4	2 oz turkey	2 TB PB	3 oz cheese	3 oz cheese	
	Grilled Potatoes	Cup	3/4	3/4 c mashed	1½ buttered rice	3/4 c boiled	3/4	3/4	3/4 c boiled	3/4	3/4	3/4	3/4	3/4	
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3	
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8	
	Applesauce	Cup	½	½	½	½	1/2	½	½	½	½	½	½	½	
L U N C H	Chicken Noodle Soup	Cup	1	1	½ c vegetables	½ c vegetables	1	1	1 c strained	1	½ c veg	½ c veg	none	none	
	Sloppy Joe	Oz	4	4	3 oz ground turkey	3 oz ground turkey	4	4	4	3oz turkey	4	none	1 ½ c Veg Chili Mac	1½ C Veg Chili Mac	
	Bun	Each	1	1	1	1	1	1	1	1	1 b. potato	1	1	1	
	Pasta Salad	Cup	3/4	3/4	1½	3/4	3/4	3/4	3/4	3/4	3/4	3/4	3/4	3/4	
	Pinto Beans	Cup	½	½	none	½	½	½	½ c veg	½ c veg	½	1	½ c veg	½ c veg	
	Pudding	Cup	½	½	½ c canned fruit	1 fruit	½	1 fruit	½	1 fruit	1 fruit	1 fruit	1 fruit	1 fruit	
D I N N E R	Fish Portion	Oz	4	3 oz unbreaded fish	3 oz unbreaded fish	3 oz unbreaded fish	4	3 oz unbreaded	3 oz unbreaded	3 oz T-ham	3 oz unbreaded	1 c beans	1c Red beans w/ onions	1c Red beans w/ onions	
	Tartar Sauce	Oz	1	1	none	none	1	½	1	1 oz Salad Dressing	1	none	none	none	
	Rice Pilaf	Cup	3/4	3/4	1½ c buttered rice	3/4 c plain rice	3/4	3/4	3/4	3/4	3/4	3/4	1 c Rice	1 c Rice	
	Mixed Vegetables	Cup	½	½	½	½	½	½	½	½	½	½	½	½	
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4	
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2	
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1	
	Glazed Cake	Cut	1	1	2 graham cr packets	2 graham cracker pkt	1	2 graham cracker pkt	1	1	1 fruit	2 graham cracker pkt	1	2 graham cracker pkt	
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none	
	Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each		

	DIET LOAD SHEET WEEK 1 DAY Saturday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enb- Rec PM	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-L Veg Kosher	Lacto Veg/ Sikhs
B R E K F A S T / L U N C H	Cold Cereal	Cup	1	1 c hot cereal	1½ c hot cereal (no salt)	1 c hot cereal (no salt)	1	1	1	1	1 c corn flakes	1 c hot cereal	1	1
	French Toast	Each	3	3	2	2	3	2	3	3	2 boiled eggs	2 Tb PB	3	2 Tb PB + 2 sl bread
	Syrup	Oz	3	3	3	low calorie	3	low calorie	3	3	1 TB jelly	1 TB Jelly	3	1 TB Jelly
	Grilled Potatoes	Cup	3/4	3/4 c boiled	1½ Cup Rice	3/4 c boiled	3/4	3/4	3/4 c boiled	3/4	3/4	3/4	3/4	3/4
	Margarine	Tsp	2	2	2	1	2	1	2	2	2	2 sl bread	2	2
	Omelet w/T-Ham	Oz	4	4 oz chopped	2 boiled eggs	2 boiled eggs	4	4	3	4	4	3/4 c beans & rice	4 oz scrambled eggs	3/4 c beans & rice
	Biscuit	Each	1	1	2 sl. bread	2 sl. bread	1	1	1	1	3/4 c rice	1	1	1
	Milk	Oz	8	8	1c non-dairy drink	8	16	8	8	none	8	1c non-dairy	8	8
	Fresh Fruit	Each	1	½ c canned	½ c canned fruit	1	1	1	½ c canned	1	1	1	1	1
	Sugar	Pkt	3	3	3	sweet'n'low	3	sweet'n'low	3	3	3	3	3	3
D I N N E R	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8
	Baked Chicken	Each	1/4	4 oz chopped meat	3 oz cooked chicken meat	3 oz skinless chicken	1/4	3 oz chicken meat	1/4	1/4	1/4	1 c pinto beans	1 Stuffed Pepper	1 Stuffed Pepper
	Mashed Potatoes	Cup	3/4	3/4	1½	1 baked potato	3/4	3/4	3/4	3/4	1 b. potato	1 ½	1 ½	1 ½
	Bread Dressing	Cup	½	½	none	none	½	½	none	½	none	2 sl bread	2 sl bread	2 sl bread
	Gravy	Oz	3	3	none	none	3	3	3	1 tsp marg	2 tsp marg	2 tsp marg	2 tsp marg	2 tsp marg
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	none	low cal	1	low cal	none	1	1	1	1	1
	Peas	Cup	½	½	½	½	½	½	½ carrots	½	½	½	½	½
	Cookies	Each	2	2 pkt graham crackers	2	1 fruit	2	1 fruit	2	2	1 fruit	1 fruit	2	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch <u>and</u> One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				1 Each 2 Slices 1 Each	One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Insulin dependant only Meat/Cheese/or PB Bread Condiment		
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs												2 Oz 2 Slice 1 Each		

DIET LOAD S WEEK 1 DA Sunday/Men		AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	En Re PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo- Veg. Kosher	Lacto Veg/ Sikhs			
B R E A K F A S T / L U N C H	Cold Cereal	Cup	1	1 c hot	1 ½ hot (no salt)	1 hot (no salt)	1	1	1	1	corn flakes	1	1	1			
	Waffles	Each	3	3	2	2	3	2	3	3	1½ c hash browns	3	3	2 sl bread + 2 TB PB			
	Syrup	Oz	3	3	2	low cal	3	low cal	3	3	none	3	3	1 Tb Jelly			
	Margarine	Tsp	2	2	2	none	2	1	2	2	none	2	2	2			
	T-Ham	Oz	1	1 oz chopped	none	none	1	1	1	1	3/4 c lentils + 3/4 c rice	3/4 c lentils + 3/4 c rice	3/4 c lentils + 3/4 c rice				
	Sliced Cheese	Oz	1/2	½	none	none	1/2	1/2	½	none	½	none	1	2			
	Egg	Each	1	1	2	2 boiled eggs	1	1	1	1	none	none	1	none			
	Bun	Each	1	1	1	1	1	1	1	1	none	1	1	1			
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3			
	Milk	Oz	8	8	1c non-dairy drink	8	16	8	8	none	8	1c non-dairy	8	8			
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8			
	Fresh Fruit	Each	1	½ c canned	½ c canned	1	1	1	½ c canned	1	1	1	1	1			
D I N N E R	Salisbury Patty	Oz	4	4 oz chopped	3 oz cooked	3 oz cooked	4	3 oz cooked	4	4 oz cooked ground turkey	4	1 c Rice	1 veg patty	1 Veg Patty			
	Brown Gravy	Oz	3	3	none	none	3	1	3	3	none	1 c beans	none	none			
	Baked Potato	Each	1	1½ c Rice	1	1	1	1 (no skin)	1	1	1	1	1	1			
	Margarine	Tsp	2	2	2	1	2	2	1 TB	2	1 TB	2	2	2			
	Bread	Slice	2	2	2	2	2	2	2	2	½ c beans	2	2	2			
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4			
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1			
	Glazed Cake	Cut	1	1	2 graham cr packets	2 graham cracker pkt	1	2 graham cracker pkt	1	1	1 fruit	2 graham cracker pkt	1	2 graham cracker pkt			
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none			
	Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch <u>and</u> One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk							Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal					
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				Insulin dependant only Meat/Cheese/or PB Sandwich See Snack Rotation List			Meat/Cheese/or PB Bread Condiment						
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs				1 Each 2 Slice 1 Each							2 Oz 2 Slice 1 Each						

Arizona Department of Corrections
Diet Spread Sheets
Week 2
August 16, 2002

	DIET LOAD SHP WEEK 2 DAY Monday/Men	AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enhanc Recel PM Sln	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Veg/ Vege Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	Scrambled Eggs	Oz	3	3	3	1 boiled egg	3	3	3	3	3	2 Tb PB	3	2 Tb PB
	Grilled Potatoes	Cup	3/4	3/4 (chop)	1½ c Buttered Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	1½	3/4	3/4	3/4
	Bread	Slice	2	2	2 tortillas	2 sl wheat	2	2	2 sl white	2	none	2	2	2
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Fruit Juice	Oz	8	8	1c non-dairy drink	8	8 oz milk	8 oz milk	8	8	1c non-dairy	8	8	8
L U N C H	Applesauce	Cup	½	½	½	½	½	½	½	½	½	½	½	½
	Vegetable Rice Soup	Cup	1	1	none	none	1	1	1 c strained	1	1 c Rice	1 c Rice	vegetarian soup	vegetarian soup
	Sliced Turkey	Oz	3	3 (Chopped)	Cooked Ground Turkey 3 oz	Cooked Turkey 3 oz	3	Turkey 3 oz	3	Ground Turkey 3 oz	3	1 c Plain Lentils	1 Veg Burger	1 Veg Burger
	Hamburger Bun	Each	1	1	1	1	1	1	1	1	none	1	1	1
	Shredded Lettuce	Cup	1/4	1/4	1/4	1/4	1/4	1/4	none	1/4	1/4	1/4	1/4	1/4
	Salad Dress/Mustard	Oz Each	½	½	none	none	½	½ oz mustard	½	½	½	none	½	½
	Ketchup	Oz	2	2	none	1 tsp marg	2	1	1	none	1 Tb marg	none	1 c Rice	1 c Rice
D I N N E R	Oven Br Potatoes	Cup	3/4	3/4	1½ c Buttered Pasta	1 baked	3/4	3/4	3/4 c boiled	3/4	3/4	1 baked	3/4	3/4
	Pudding	Cup	½	½	1 apple	1 fruit	½	1 fruit	½	1/2	1 fruit	1 fruit	½	½
	Burrito Mix	Cup	1	1	3 Oz cooked ground turkey meat	3 oz turkey+ 1 Cup beans	1	3/4	4 oz cooked turkey	4 oz cooked turkey	1	1 c pinto beans	1 c Veggie Taco Mix	1 c veggie Taco Mix
	Tortillas	Each	2	2	2	2	2	2	2	2	none	2	2	2
	Spanish Rice	Cup	3/4	3/4	1½ c Buttered Rice	3/4 c plain rice	3/4	3/4	3/4	1½ c plain rice	1½	1 c plain rice	1 c Rice	1 C rice
	Shredded Cheese	Oz	1	1	none	none	1	1	1	2 tsp marg	1	2 tsp marg	1	1
	Salsa	Oz	2	2	none	none	2	1	none	none	2	none	2	2
	Shredded Lettuce	Cup	½	½	½	½	½	½	none	1/2	½	½	½	½
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
	Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					Insulin dependant only Meat/Cheese or PB Bread Condiment			2 Oz 2 Slice 1 Each	
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List									

	DIET LOAD SHEET WEEK 2 DAY Tuesday/Men	AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rec PM Sink	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lact Veg/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	French Toast	Slice	3	3	3	3	3	3	3	3	2 boiled egg	2 Tb PB + 2 SI bread	3	2 Tb PB+ 2 SI bread
	Syrup	Oz	2	2	2	low cal	2	low cal	2	2	none	1 Tb Jelly	2	1 Tb Jelly
	Grilled Potatoes	Cup	3/4	3/4 (Chop)	1 ½ c buttered rice	1 ½ c boiled	3/4	3/4	3/4 c mashed	3/4	1 ½	3/4	3/4	3/4
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2	2	2
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
L U N C H	Fresh Fruit	Each	none	none	1	1	1	1	none	1	none	1	1	1
	Tomato Rice Soup	Cup	1	1	none	none	1	1	1 c strained	1 c Rice	none	1 c Rice	vegetarian soup	vegetarian soup
	Grilled Cheese	Oz	3	3	2 boiled eggs + 1 oz Salad Dressing	2 boiled eggs	3	2	3	3 oz T-Hain	3 oz shredded	2 Tsp marg	3	3
	Bread	Slice	4	4	4	4	4	4	4	1 b. potato	4	4	4	
	Coleslaw	Cup	½	½	½	½ c cooked cabbage	½	½	½ c cooked carrots	1/2	½	½ c cooked cabbage	½	½ c vegetable
	Ranch Beans	Cup	3/4	3/4	1½ Cup Rice	1½ C plain beans	3/4	3/4	1 c Rice	1 baked	3/4	3/4 c plain beans	3/4	3/4
	Fresh Fruit	Each	1	½ canned	1	1	1	1	½ c can fruit	1	1	1	1	1
D I N N E R	BBQ Chicken	Each	1/4	4 oz chopped meat	3 oz chicken meat	3 oz skinless	1/4	3 oz	1/4	1/4	1 c kidney beans	1 c veg chili	1 c veg chili	
	Macaroni Salad	Cup	3/4	3/4	1½	3/4	3/4	3/4	1 c plain macaroni	3/4	1 c Rice	1 c Rice	1 c Rice	1 c Rice
	Bread	Slice	2	2	2	2	2	2	2	½ oz chips	2	2	2	
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	
	Broccoli	Cup	½	½ (chopped)	½	½	½	½	½ c green beans	½	½	½	½	
	Cookies	Each	2	½ applesauce	½ c applesauce	½ c applesauce	2	1 fruit	½ c applesauce	2	1 fruit	1 fruit	2	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	
Diet Snacks List		*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal	
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					Insulin dependant only Meat/Cheese/or PB Sandwich See Snack Rotation List			2 Oz 2 Slice 1 Each	

DIET LOAD SCHEDULE WEEK 2 DAY 1 Wednesday/M			AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	El Reg PM Sink	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lac Vege/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 1/2 (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1	
	Pancakes	Each	4	4	4	4	4	3	4	2 boiled egg	2 boiled egg	2 Tb PB	4	4	
	Syrup	Oz	2	2	2	low cal	2	low cal	2	1 c fried pot	1 c fried pot	1 Tb jelly	2	2	
	T-Ham	Oz	2	2oz chopped	2 boiled eggs	1 boiled egg	2	2	2	2	none	2 Tb PB	2 Tb PB		
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2 sl bread	2	2	
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3	
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8	
	Fresh Fruit	Each	none	none	1	1	1	1	none	1	none	1	1	1	
L U N C H	Chicken Salad	Oz	4	4	3	3 oz plain chicken	4	3	4	4	4	1/2c veg	1 1/2 cup Macaroni & Cheese	1 1/2 cup Macaroni & Cheese	
	Bun	Each	1	1	1	1	1	1	1	1	1/2 oz chips	1 c Plain Rice			
	Mac Salad w/veg	Cup	1	1	1 1/2 c buttered Mac	1	1	3/4	1	1	1 c Rice	1	1	1	
	Pinto Beans	Cup	3/4	3/4	1/2 c veg	3/4	3/4	1/2 c carrots	1/2 c carrots	1/2 c veg	3/4	3/4	1/2 c veg	1/2 c veg	
	Gelatin	Cup	1/2	1/2	1/2	1 fruit	1/2	1 fruit	1/2	1/2	1 fruit	1/2	1/2	1/2	
D I N N E R	Hamburger	oz	4	4 oz chopped	3 oz cooked beef	3 oz cooked beef	4	3 oz cooked beef	3 oz cooked beef	4 oz turkey	4	1 c black beans	1 Veggie Patty	1 Veggie Patty	
	Bun	Each	1	1	1	1	1	1	1	1 c Corn	1	1	1		
	Oven Br, Potatoes	Cup	3/4	3/4	1 1/2 c Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	3/4	3/4	3/4	3/4	
	Shredded Lettuce	Cup	1/4	1/4	1/4	1/4	1/4	1/4	none	1/4	1/4	1/4	1/2	1/2	
	Mustard	Oz	1/2	1/2	none	none	1/2	1/2	1/2	1	1/2	none	none	none	
	Ketchup	Oz	2	2	none	none	2	1	1	none	1	2 tsp marg	2	2	
	Sliced cheese	Oz	1/2	1/2	none	none	1/2	1	1/2	none	1/2	1 c Rice	1/2	1/2	
	Sliced Onion	Slice	2	2 chopped	1	1	2	2	none	2	2	none	2	2	
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit	
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none	
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal			
Prescription Supported Snack: 1/2 PB Sand OR 4 Pkt Saltine Crackers				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each			
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List											

	DIET LOAD S/ WEEK 2 DA/ Thursday/Men	AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enr/ Rece. PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lac Veg/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	Biscuits	Each	2	2	2 sl bread	2 sl bread	2	2	2	2	none	2	2	2
	Sausage Gravy	Cup	3/4	3/4	2 oz cooked ground turkey	2 oz cooked ground turkey	3/4	3/4	2 oz cooked turkey	3/4	2 oz turkey	2 Tb PB + 1 Tb Jelly	2 Tb PB + 1 Tb Jelly	2 Tb PB + 1 Tb Jelly
	Grilled Potatoes	Cup	3/4	3/4 (chop)	1 ½ c Buttered Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	1 ½	3/4	3/4	3/4
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetio	3	3	3	3	3	3
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
	Fresh Fruit	Each	none	none	none	1	1	1	none	1	none	1	1	1
L U N C H	Chicken Rice Soup	Cup	1	1	none	none	1	1	1 c strained	1	1 c Rice	1 c Rice	1 c Rice	1 c Rice
	Luncheon Meat	Oz	3	3 oz chop	2 Boiled Eggs	2 Boiled Eggs	3	3 oz T-Ham	3 oz t-ham	3 oz t-ham	3	1 c beans	none	none
	Cheese	Oz	½	½	none	none	½	½	½	none	½	½ c veg	3 oz	3 oz
	Bun	Each	1	1	1	1	1	1	1	1	1 b. pot	1	1	1
	Tomato / Onion Slice	Each	2 / 3	2 / 3 (diced)	none	2 / 3	2 / 3	2 / 3	none	2 / 3	2 / 3	none	2 / 3	2 / 3
	Salad Dr / Mustard	Oz Ea	½	½	1 oz salad dressing	none	½	½	½	½	2 tsp. marg	none	1 bag chips	1 bag chips
	Shredded Lettuce	Cup	1/4	1/4	1/4	1/4	1/4	1/4	none	1/4	1/4	1/4	1/4	1/4
	Coleslaw	Cup	½	½	½	½ c vegetable	½	½ c veg	½ c carrots	1/2	½	½ c veg	½	½ c veg
	Fruit	Each	1	½ c canned	1	1	1	1	½ c canned	1	1	1	1	1
D I N N E R	Hot Sliced Turkey	Oz	3	3 oz (chopped)	3 oz Ground Turkey	3 oz ground turkey	3	3	3	3	3	1 c plain lentils	1 c seasoned lentils	1 c seasoned lentils
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2
	Gravy	Oz	3	3	1 Tb margarine	1 tsp marg	3	2	3	3	1 Tb marg.	1 Tb marg.	1 Tb marg.	1 Tb marg.
	Mashed Potatoes	Cup	3/4	3/4	1 ½ c Pasta	3/4	1	3/4	3/4	3/4	1 ½	3/4	3/4	3/4
	Green Beans	Cup	½	½	½	½	½	½	½	1/2	½	½	½	½
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1
	Cookies	Each	2	½ c canned fruit	½ c canned fruit	1 fruit	2	1 fruit	2	2	1 fruit	1 fruit	1 fruit	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none

Diet Snacks List

*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk

Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu

Snack for 2500 Calorie Diabetic Serve at PM meal

Insulin dependant only
Meat/Cheese/or PB
Bread
Condiment2 Oz
2 Slice
1 Each

Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers

*Renal Diabetic One PM Snack

One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List

Dispensed Beverages are Appropriate for Diabetics
Coffee/Tea and Dispensed Beverages are Self Serve except for lock downsBoiled Egg
Bread
Salad Dr. Packet1 Each
2 Slice
1 Each

	DIET LOAD SHEET WEEK 2 DA Friday/Men	AMT	Mens Reg:	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enhanced Rece PM Sust	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Vege/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 1/2 (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	French Toast	Slice	3	3	3	2	3	3	3	3	2 b. eggs	2 sl bread	3	2 sl bread
	Syrup	Oz	2	2	2	low cal	2	low cal	2	2	none	2 Tb PB + 1 Tb Jelly	2	2 Tb PB + 1 Tb Jelly
	Grilled Potatoes	Cup	3/4	3/4 (chop)	1 1/2 c buttered Rice	1 c b. potato	3/4	3/4	3/4 c boiled	3/4	1 1/2	3/4	3/4	3/4
	Margarine	Tsp	2	2	2	i	2	2	2	2	2	2	2	2
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
	Fresh Fruit	Each	none	none	none	1	1	1	none	1	none	1	i	1
L U N C H	Soup of the Day	Cup	1	1	none	none	1	1	strained	1	none	1 c Rice	Vege Soup	Vege Soup
	Tossed Salad	Cup	1	1	1	1	1	1	none	1	1	1	1	1
	Diced T-Ham	Oz	3	3 (Chopped)	3 oz chopped chicken meat	3 oz chopped chicken meat	3	3	3	3	3	1 c beans	2 boiled eggs	1 c beans
	Shredded Cheese	Oz	1/2	1/2	2 tsp margarine	none	1/2	1/2	1/2	1/2	1/2	2	1	3 oz cheese
	Salad Dressing	Oz	2	2	1 Oz	1 oz low cal	2	2	2 pc mayo	2	2	2	2	2 oz italian
	Macaroni Salad	Cup	3/4	3/4	1 1/2	3/4	3/4	3/4	3/4 c pl. mac	3/4	1 c 3- bean salad	1 c 3- bean salad	1 c 3- bean salad	1 c 3- bean salad
	Carrots	Cup	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
	Croutons	Cup	1/2	2 sl bread	2 sl bread	2 sl bread	1/2	1/2	2 sl bread	1/2	1/2 oz chips	1/2	1/2	1/2
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit
D I N N E R	Vegetable Soup	Cup	1	1	none	none	1	1	1c strained	1	1	1/2 c Veg.	1 c Rice	1 c Rice
	T-Hot Dogs	Each	2	2 chopped	3 oz cooked ground turkey	3 oz c ground turkey	2	3 oz ground turkey	2	2	2	1 c Rice	1c Veg Chili	1c Veg Chili
	Hot Dog Buns	Each	2	2	2	2	2	2	2	2	1 c Rice	2	2	2
	Chili	Oz	3	3	1 1/2 c buttered Pasta	1 c pl. beans	3	3	1/2c veg	none	3	1 c pl. beans	1/2 c veg	1/2 c veg
	Mustard / Ketchup	Oz Each	1/2	1/2	none	none	1/2	1/2	1/2	1 oz must	1/2	none	none	none
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	1/2	low cal	1	low cal	none	1	1	1 oz ital.	1	1
	Gelatin	Cup	1/2	1/2	2 graham cr packets	2 graham cracker pkt	1/2	2 graham cracker pkt	1/2	1/2	1 fruit	2 graham cracker pkt	2 graham cracker pkt	2 graham cracker pkt
	Milk, 2%	Oz	none	none	none	none	8	8	none	2	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal		
Prescription Supported Snack: 1/2 PB Sand OR 4 Pkt Saltine Crackers				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each			
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List										

DIET LOAD SHEET WEEK 2 DA Saturday/Men		AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	En' Rec PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Veg Kosher	Lacto Veg/ Sikhs						
B R E K F A S T / L U N C H	Cold Cereal	Cup	1	1 c hot	1½ c hot cereal (no salt)	1 c hot cereal (no salt)	1	1	1	1	1 c corn flakes	1 c hot cereal	1	1						
	Eggs	Each	2	2	2	2 boiled eggs	2	2	2	2	2	2 Tb PB	2	2 Tb PB						
	Pastry	Each	1	1	1	none	1	none	1	1	none	1 Tb Jelly	1 Tb Jelly	1 Tb Jelly						
	Bread	Slice	2	2	2	2 sl wheat bread	2	2	2 sl white	2	1 b potato	2	2	2						
	Grilled Potatoes	Cup	3/4	3/4	1½ c Buttered Macaroni	1 c pasta	3/4	3/4	3/4 c	3/4	1 Tbl marg	3/4 c pasta	3/4	3/4						
	T-Ham	Oz	2	2 oz chopped	none	1 c black beans	2	2	2	2	1 c black beans	1 c black beans	1 c black beans	1 c black beans						
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3						
	Milk, 2%	Oz.	8	8	1c non-dairy drink	8	16	8	8	none	8	1c non-dairy	8	8						
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8						
D I N N E R	Fresh Fruit	Each	1	½ c canned	½ c canned	1	1	1	½ c canned	1	1	1	1	1						
	Lasagna Casserole	Cup	1 ½	1 ½	3 oz cooked ground turkey + 1½ c pasta	3 oz cooked ground turkey + 1 c pasta	1 ½	1 ½	3 oz ground turkey + 1 c pasta	3 oz cooked turkey + 1 ½ c pasta	3/4 c meat sauce + 1½ c Rice	1 c pasta+ 1 c Lentils	1 ½ c Veg Lasagna	1 ½ c Veg Lasagna						
	Mixed Vegetables	Cup	½	½	½	½	½	½	½	½	½	½	½	½						
	Garlic Toast	Slice	2	2 sl bread	2	2 sl bread + 1 tsp margarine	2	2	2 sl bread	2	none	2 sl bread	2	2						
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4						
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1						
	Pudding	Cup	½	½	½ c applesauce	½ c applesauce	½	1 fruit	1/2	½	1 fruit	1 fruit	½	1/2						
Milk, 2%		Oz	none	none	none	none	8	8	none	none	none	none	none	none						
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal								
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet																
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs																				
												Insulin dependant only Meat/Cheese/or PB Bread Condiment								
												2 Oz 2 Slice 1 Each								

	DIET LOAD SHEET WEEK 2 DAY Sunday/Men	AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rec PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-L Veg Kosher	Lacto Veg/ Sikhs
B R E A K F A S T / L U N C H	Cold Cereal	Cup	1	1 c hot	1½ c hot (no salt)	1 c hot (no salt)	1	1	1	1	Corn Flakes	1	1	1
	Scrambled Eggs	Oz	4	4	3	1 boiled egg	4	4	4	4	2 Tb PB	4	2 Tb PB	
	Grilled Potatoes w/Chorizo	Cup	3/4	3/4 (chop)	1½ c plain Rice	3/4 c boiled pot. No Chorizo	3/4	3/4	3/4 c boiled No Chorizo	3/4	1½	3/4	3/4 No Chorizo	3/4 No Chorizo
	Flour Tortillas	Each	2	2	2	2	2	2	2	none	2	2	2	2
	Refried Beans	Cup	3/4	3/4	none	½	3/4	3/4	3/4 c Rice	3/4 c rice	3/4	3/4	3/4	3/4
	Mild Salsa	Oz	2	2	none	none	2	2	none	none	2	none	2	2
	Shredded Cheese	Oz	1	1	none	none	1	1	1	none	1	none	1	1
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Fresh Fruit	Each	1	½ c canned	½ c canned	1	1	1	½ c canned	1	1	1	1	1
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8
D I N N E R	Milk, 2%	Oz	8	8	1c non-dairy drink	8	16	8	8	none	8	1c non-dairy	8	8
	Hamburger	Oz	4	4 oz chopped	3	3	4	3	4	4 oz cooked turkey	4	1 c Lentils	1 Veg patty	1 Veg Patty
	Sliced Cheese	Oz	½	½	none	none	½	½	½	none	1/2	none	½	½
	Hamburger Bun	Each	1	1	1	1	1	1	1	1	none	1	1	1
	Pickle Chips	Each	2	2	none	none	2	2	none	2	2	2	2	2
	Shredded Lettuce	Cup	¼	¼	¼	¼	¼	¼	none	¼	¼	¼	¼	¼
	Oven Br. Potatoes	Cup	3/4	3/4	1½ c Buttered Rice	3/4 boiled	3/4	3/4	3/4 boiled	3/4	1½	3/4	3/4	3/4
	Baked Beans	Cup	3/4	3/4	½ c vegetable	½ c vegetables	3/4	3/4	½ c veg	½ c veg	3/4	3/4	3/4	3/4
	Mustard	Oz	½	½	none	none	½	½	½	½	½	none	½	½
	Ketchup	Oz	2	2	none	none	2	1	1	none	2	none	2	2
	Pudding	Cup	½	½	½ c applesauce	½ c applesauce	½	½ c applesauce	½ c applesauce	1/2	½ c applesauce	½ c applesauce	½	1/2
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs														

Arizona Department of Corrections
Diet Spread Sheets
Week 3
August 16, 2002

DIET LOAD SHEET WEEK 3 DAY Monday/Men				AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh. Rect PM Sust	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-La Vege Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	1	grits only	1	1	1	
	Sausage Gravy	Cup	3/4	3/4	2 oz turkey	2 oz turkey	3/4	3/4	3/4	3/4	2 oz turkey	2 Tb PB + 1 Tb Jelly	2 boiled eggs	2 Tb PB + 1 Tb Jelly		
	Biscuits	Each	2	2	2 sl bread	2 sl bread	2	2	2	2	none	2	2	2		
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3		
	Grilled Potatoes	Cup	3/4	3/4 c mashed	1½ C buttered rice	3/4 c boiled	3/4	3/4	3/4 c mashed	3/4	1½	3/4	3/4	3/4		
	Applesauce	Cup	none	none	½	½	½	½	none	½	½	½	½	½		
	Milk, 2%	Oz	8	8	1c non-dairy	8	8	8	8	none	none	1c non-dairy	8	8		
L U N C H	Vegetable Soup	Cup	1	1	none	none	1	1	1 c strained	1	1 Tbl marg	1 c pasta	vege soup	vege soup		
	Fish Portion	Oz	4	4	3 oz unbreaded	3 oz unbreaded	4	3 oz unbread	3 oz t-ham	3 oz t-ham	3 oz t-ham	1 c split peas	1 veg patty	1 Veg Patty		
	Tartar Sauce	Oz	1	1	1	none	1	none	1 oz mayo	1 oz mayo	1	2 tsp marg	1 oz ketchup	1 oz ketchup		
	Bun	Each	1	1	1	1	1	1	1	1	½ oz chips	1	1	1		
	Scalloped Potatoes	Cup	3/4	3/4	1½ buttered rice	3/4 c boiled	3/4	3/4	1 baked	1 baked	1 baked	1 baked	3/4	3/4		
	Coleslaw	Cup	½	1/2	½ c veg	½ c veg	½	½	½ c veg	½	½ c veg	½	½ c veg	½ c veg		
	Gelatin	Cup	½	½	½ c canned fruit	1 fruit	½	1 fruit	½	1 fruit	½	1 fruit	1 fruit	1 fruit		
D I N N E R	BBQ Chicken	Each	1/4	4 oz chopped chicken	3 Oz chicken meat	3 Oz skinless chicken	1/4	3 oz chicken	1/4	1/4	1/4	1 c Black beans + 1 c rice	1 c Black Beans + 1 c rice	1 C black Beans + 1 c rice		
	Baked Potato	Each	1	3/4 c mashed	1 ½ c Pasta	1	1	1	1 (no skin)	1	1	1	1	1		
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4		
	Dressing	Oz	1	1	1	low cal	1	low cal	none	1	1	1	1	1		
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2		
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2	2	2		
	Corn	Cup	½	½	½	½	½	½	none	½	½	½	½	½		
	Pudding	Cup	½	½	½ canned fruit	1 fruit	½	1 fruit	½	½	1 fruit	1 fruit	½	1/2		
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none		
	Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch <u>and</u> One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk										Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu	Snack for 2500 Calorie Diabetic Serve at PM meal			
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List		Insulin dependant only Meat/Cheese/or PB Bread Condiment				
2 Oz 2 Slice 1 Each																

	DIET LOAD SHEET WEEK 3 DAY Tuesday/Men		AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rec PM	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Veg/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1	1
	French Toast	Slice	3	3	3	2	3	3	3	3	2 boiled eggs	2 sl bread	3	2 sl bread	
	Syrup	Oz	2	2	2	low cal	2	low cal	2	2	3/4 c rice	2 Tb Pb + 1 Tb Jelly	2	2 Tb Pb + 1 Tb Jelly	
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2	
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3	
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8	
	Applesauce	Cup	½	½	½	½	½	½	½	½	½	½	½	½	
L U N C H	Beef Rice Soup	Cup	1	1	none	none	1	1	1 c strained	1 C Rice	none	1 c Rice	1 c veg soup	1c veg soup	
	Grilled Cheese	Oz	3	3	2 boiled eggs + 1 oz Salad Dressing	2 boiled eggs	3	2	3	3 oz t-ham	3 oz shredded Cheese	3/4 c plain beans	3	3	
	Bread	Slice	4	4	4	4	4	4	4	1 baked	4	4	4	4	
	Peas	Cup	½	½	½	½	½	½	½ c carrots	½	½	½	½	½	
	Pasta Salad	Cup	3/4	3/4	1½	3/4	3/4	3/4	3/4	½ c veg	3/4	3/4	3/4	3/4	
	Fresh Fruit	Each	1	½ c canned fruit	1	1	1	1	½ c canned fruit	1	1	1	1	1	
D I N N E R	Beef Patty	Oz	4	4	3 oz cooked hamb pasta	3 oz cooked hamb	4	3	4	4 oz cooked turkey	4	1 c beans	1 Veg Patty	1 Veg Patty	
	Mashed Potatoes	Cup	3/4	3/4	1½ Pasta	3/4	3/4	3/4	3/4	1½	3/4	3/4	3/4	3/4	
	Brown Gravy	Oz	3	3	none	none	3	2	3	3	none	none	none	none	
	Bread	Slice	2	2	2	2	2	2	2	none	2	2	2	2	
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2	
	Carrots	Cup	½	½	½	½	½	½	½	½	½	½	½	½	
	Gelatin	Cup	½	½	½	1 fruit	1	1 fruit	½	½	½	1 fruit	1 fruit	1 fruit	
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none	
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu	Snack for 2500 Calorie Diabetic Serve at PM meal Insulin dependant only Meat/Cheese/or PB 2 Oz Bread- Condiment 2 Slice 1 Each				
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					1 Each 2 Slice 1 Each	One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List					

	DIET LOAD SH WEEK 3 DAY Wednesday/Med.	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rec PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lact Vege/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	Pancakes	Each	4	4	4	3	4	3	4	2 boiled egg	2 boiled egg	2 Tb PB	4	4
	Syrup	Oz	2	2	2	low cal	2	low cal	2	1 c grilled potatoes	1 c grilled potatoes	1 Tb jelly	2	2
	T-Ham	Oz	2	2oz chopped	2 boiled eggs	1 boiled egg	2	2	2	2	none	2 Tb PB	2 Tb PB	2 Tb PB
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2 sl bread	2	2
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
	Fresh Fruit	Each	none	none	1	1	1	1	none	1	none	1	1	1
L U N C H	Chili Macaroni	Cup	1½	1½	3 oz cooked turkey + 1 Cup Pasta	3 oz cooked turkey + 1 Cup Pasta	1½	1½	3 oz turkey + 1 Cup Pasta	3 oz turkey + 1 Cup Pasta	3/4 c meat sauce	3/4 c rice + 3/4 c beans	1½ C Veg Chili Mac	1½ C Veg Chili Mac
	Corn	Cup	½	½	½	½	½	½	none	½	½	½	½	½
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	1	low cal	1	low cal	none	1	1	1	1	1
	Corn Bread	Cut	1	1	2 sl bread	2 sl bread	1	1	1	1	1 Cup Rice	2 sl bread	1	2 sl bread
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2
	Pudding	Cup	½	½	½ c canned fruit	1 fruit	½	1 fruit	½	1/2	1 fruit	1 fruit	½	1 fruit
	Country Fried Patty	Oz	4	4 oz chopped	3 oz cooked chicken meat	3 oz skinless chicken	4	3 oz hamb	3 oz hamb	3 oz chicken	3 oz hamb.	1 c pinto beans	1 Stuffed Pepper	1 Stuffed Pepper
D I N N E R	Steamed Rice	Cup	3/4	3/4	1½	3/4	3/4	3/4	3/4	3/4	3/4	3/4	3/4	3/4
	Bread	Slice	2	2	2	2	2	2	2	none	2	2	2	2
	Brown Gravy	Oz	3	3	none	none	1	3	3	none	none	none	none	none
	Margarine	Tsp	2	2	2	1	2	2	2	1	2	2	2	2
	Coleslaw	Cup	½	½	½	½ c veg	½	½	½ c carrots	½	½ c veg	½	½ c veg	½ c veg
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
	Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk										Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Snack for 2500 Calorie Diabetic Serve at PM meal Insulin dependant only Meat/Cheese/or PB Bread Condiment	
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					1 Each 2 Slice 1 Each					2 Oz 2 Slice 1 Each				

	DIET LOAD SH WEEK 3 DAY Thursday/Men		AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rece. PM Snk	2500 Diabetic Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lac Vege/ Kosher	Lacto Veg/ Sikhs	
B R E A K F A S T	Hot Cereal	Cup	none	none	1 ½ (no salt)	1 (no salt)	1	none	none	none	none	1	none	none		
	Flour Tortillas	Each	2	2	2	2	2	2	2	2	none	2	2	2		
	Scrambled Eggs	Oz	3	3	3	3	3	3	3	3	3	3/4 c rice	3	none		
	Refried Beans	Cup	3/4	3/4	1½ c Buttered Rice	3/4	3/4	3/4	3/4 c Rice	1 c rice	1½	3/4	3/4	1½		
	Shredded Cheese	Oz	1	1	none	none	1	½	1	none	2	none	1	2		
	Salsa	Oz	2	2	none	none	2	2	none	none	2	none	2	2		
	Sugar	Pkt	3	3	3	sweet'n'low	3	sweet'n'low	3	3	3	3	3	3		
	Fruit Juice	Oz	8	8	1c non-dairy drink	8	8	8	8	8	1c non-dairy	8	8	8		
	Fresh Fruit	Each	none	none	none	1	1	1	none	1	1	1	1	1		
L U N C H	T-Ham & Beans	Cup	1½	1½	3 oz cooked chicken + 1 oz salad dressing	3 oz chicken + 1 cup plain beans	1½	1½	3 oz T-ham + 1 b. potato, no skin	3 Oz T-ham +1 B. pot	1½	1½ Cup Beans	1½ c Seasoned Navy Beans	1½ Seasoned Navy Beans		
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4		
	Dressing	Oz	1	1	1	low cal	1	low cal	none	1	1	1	1	1		
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2		
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2	2	2		
	Mixed Vegetables	Cup	½	½	½	½	½	½	½ c carrots	½	½	½	½	½		
D I N N E R	Fresh Fruit	Each	1	½ c canned	½ c canned	1	1	1	½ c canned	1	1	1	1	1		
	Spaghetti	Oz	6	6	1½ cups	6	6	6	6	1½ c rice	6	6	6	6		
	Meat Sauce	Cup	3/4	3/4	3 oz cooked turkey	3 oz cooked turkey	3/4	½	3 oz turkey	3 oz turkey	3/4	1 c beans	1 c Meatless	1 c Meatless		
	Garlic Toast	Slice	2	2	2	2 bread + tsp marg	2	2	2	2	2 tsp marg.	2	2	2		
	Green Beans	Cup	½	½	½	½	½	½	½	½	½	½	½	½		
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4		
	Dressing	Oz	1	1	1	low cal	1	low cal	none	1	1	1	1	1		
	Cookies	Each	2	½ cup applesauce	½ cup applesauce	1 fruit	2	1 fruit	½ cup applesauce	2	1 fruit	1 fruit	2	1 fruit		
Milk, 2%		Oz	none	none	none	none	8	8	none	none	none	none	none	none		
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal			
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Insulin dependant only Meat/Cheese/or PB Bread Condiment				
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					1 Each 2 Slice 1 Each				2 Oz 2 Slice 1 Each							

	DIET LOAD SH WEEK 3 DA1 Friday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rec 1 PM Snk	2500 Diabetic* Hypo*	Low Residue.	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lact Vege/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal*	Cup	1	1	1½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	Scrambled Eggs	Oz	3	3	3	1 boiled egg	3	3	3	3	2 Tb PB	3	2 Tb PB	
	Grilled Potatoes	Cup	3/4	3/4 (chop)	1½ c Buttered Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	1½	3/4	.3/4	.3/4
	Bread	Slice	2	2	2 tortillas	2 sl wheat	2	2	2 sl white	2	none	2	2	2
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Applesauce	Cup	none	none	½	½	½	½	none	½	none	½	½	½
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
L U N C H	Minestrone Soup	Cup	1	1	none	none	1	1	1	1 c strained	none	none	vege soup	vege soup
	T-Sausage Pizza	Slice	2	3/4 c meat sauce + 1 c pasta	3 oz Cooked Ground Turkey + 1 cup pasta	3 oz cooked turkey + 1 c pasta	2	2	2	3 oz Turkey + 1 cup pasta	3 oz meat sauce + 1 c Rice	1 c beans + 1 c pasta + ½ c veg	2 sl cheese pizza	2 sl cheese pizza
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1
	Gelatin	Cup	½	½	½	1 fruit	½	1 fruit	½	½	1 fruit	1 fruit	1 fruit	1 fruit
D I N N E R	Hamburger Patty	Oz	4	4 oz chopped	3 Oz cooked ground turkey meat	3 Oz hamb	4	3oz cooked	4	3 oz turkey cooked	4	1 c black beans	1 vege patty	1 vege patty
	Grilled Onions	Oz	2	2	none	none	2	1	none	2	2	none	2	2
	Brown Gravy	Oz	3	3	none	none	3	2	2	2	none	none	none	none
	Mashed Potatoes	Cup	3/4	3/4	1½ c Buttered Pasta	3/4	3/4	3/4	1	3/4	1½	3/4	3/4	3/4
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2	2	2
	Broccoli Cuts	Cup	½	½	½	½	½	½	none	½	½	½	½	½
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk										Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu	Snack for 2500 Calorie Diabetic Serve at PM meal Insulin dependant only Meat/Cheese/or PB Bread Condiment		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					1 Each	One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List				
									2					2 Oz 2 Slice 1 Each

	DIET LOAD SH WEEK 3 DA! Saturday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enl Rec PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Ve Kosher	Lacto Veg/Sikhs
B R E K F A S T / L U N C H	Cold Cereal	Cup	1	1 c Hot Cereal	1½ c Hot (no salt)	1 c hot cereal (no salt)	1	1	1	1	Corn Flakes	1 c hot cereal	1	1
	French Toast	Slice	3	3	3	2	3	2	3	3	2 boiled eggs	2 SI Bread	3	2 SI Bread
	Syrup	Oz	3	3	3	low calorie	3	low calorie	3	3	1 TB jelly	2 Tb PB + 1 Tb Jelly	3	2 Tb PB + 1 Tb Jelly
	Grilled Potatoes	Cup	3/4	3/4 c boiled	1½ Cup Rice	1½ c boiled	3/4	3/4	3/4 c mashed	3/4	1½	3/4	3/4	3/4
	Margarine	Tsp	2	2	2	1	2	1	2	2	2	2	2	2
	Omelet w/T-Ham	Oz	4	4 oz chopped	2 boiled eggs	2 boiled eggs	4	4	3	4	4	1 C beans & Rice	1 oz cheese	1 C beans & rice + 1 oz cheese
	Pastry	Each	1	1	1 oz salad dressing	1 sliced tomato	1	none	1	1	none		2 eggs	
	Fruit Fruit	Each	1	½ c canned	1	1	1	½ c canned	1	1	1	1	1	1
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	16	8	8	8	8	1c non-dairy	8	8
	Biscuit	Each	1	1	2 sl bread	2 sl bread	1	1	1	1	3/4 c rice	1	1	1
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8
D I N N E R	Baked Chicken	Each	1/4	4 oz chopped meat	3 oz cooked chicken meat	3 oz skinless chicken	1/4	3 oz chicken meat	1/4	1/4	1/4	1 c split peas	3 oz shred cheese	3 oz shred cheese
	Mashed Potatoes	Cup	3/4	3/4	1½ c buttered mac	3/4	3/4	3/4	3/4	3/4	1½	1½	1½	1½
	Poultry Gravy	Oz	3	3	2 tsp margarine	2	3	2	3	3	1 Tb marg.	1 Tb marg	1 Tb marg	1 Tb marg
	Bread Dressing	Cup	½	½	none	none	½	½	½	½	none	2 SI bread	2 SI bread	2 SI bread
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	none	low cal	1	low cal	none	1	1	1	1	1
	Carrots	Cup	½	½	½	½	½	½	½	½	½	½	½	½
	Glazed Cake	Cut	1	1	1	1 fruit	1	1	1	1	1 fruit	1 fruit	1	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List		*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk							Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				1 Each	One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Insulin dependant only Meat/Cheese/or PB Bread Condiment		
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs								2 Oz 2 Slice 1 Each						

DIET LOAD SHP WEEK 3 DAY Sunday/Men			AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Recd PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-L Veg Kosher	Lacto Veg/ Sikhs		
B R E A K F A S T / L U N C H	Cold Cereal	Cup	1	1 cup Hot	1 ½ Hot (no salt)	1 c Hot (no salt)	1	1	1	1	Corn Flakes	1	1	1			
	Biscuits	Each	2	2	2 sl bread	2 sl bread	2	2	2	2	none	2	2	2			
	Sausage Gravy	Cup	1	1	2 oz cooked turkey	4 oz cooked turkey	1	3/4	1	1	2 oz turkey	2 Tb PB	2 oz cheese	2 Tb PB			
	Margarine	Tsp	2	2	2	none	2	1	2	2	none	2	2	2			
	Pastry	Each	1	1	1 oz salad dressing	sliced tomato 1 each	1	none	1	1	1 c lentils + 1c Rice	1 oz mayo	1 c lentils + 1c Rice				
	Grilled Potatoes	Cup	3/4	3/4 c boiled	1½ Cup Rice	1½ c boiled	3/4	3/4	3/4 c boiled	3/4	1 ½	3/4	1½	1½			
	Boiled Eggs	Each	2	2	2	1	2	1	2	2	1 Tb jelly	2	1 Tb jelly				
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	16	8	8	8	1c non-dairy	8	8				
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8			
	Fresh Fruit	Each	1	½ c canned	½ c canned	1	1	1	½ c canned	1	1	1	1	1			
D I N N E R	Chicken Patty	Oz	3	3 oz chopped	3 oz cooked chicken	3 oz cooked chicken	3	3	3	3 oz cooked chicken	3 oz cooked chicken	2 tsp marg	1½ c Veg Lasagna	1½ c Veg Lasagna			
	Cheese Blend	Oz	½	½	none	none	½	½	½	1 oz mayo	½	1 c beans	½	½			
	Pasta	Cup	3/4	3/4	1½ C Rice	3/4	3/4	3/4	3/4	3/4	1 c rice	3/4	none	none			
	Marinara Sauce	Oz	2	2	none	1 tsp salad dr.	2	2	2	none	2	none	none	none			
	Mixed Vegetables	Cup	½	½	½	½	½	½	½	½	½	½	½	½			
	Bread	Slice	2	2	2	2	2	2	2	2	½ c beans	2	2	2			
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4			
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1			
	Gelatin	Cup	½	½	½	1 fruit	½	1 fruit	½	½	1 fruit	1 fruit	1 fruit	1 fruit			
	Glazed Cake	Cut	1	1	1	2 graham cracker packets	1	2 graham cracker packets	1	1	1 fruit	2 graham cracker packets	1	2 graham cracker packets			
Milk, 2%		Oz	none	none	none	none	8	8	none	none	none	none	none	none			
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal				
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List				Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each		
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs																	

Arizona Department of Corrections
Diet Spread Sheets
Week 4
August 16, 2002

	DIET LOAD W/ 4 DAY: Monday/MEN		AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	E Rt d PM Snk	2500 Diabetic Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ov/ Lact. Vege/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1	
	French Toast	Slice	3	3	3	3	3	3	3	3	2 boiled eggs	2 Tb PB + 2 sl bread	3	2 Tb PB + 2 sl bread	
	Syrup	Oz	2	2	2	low cal	2	low cal	2	2	1 c hash browns	1 Tb Jelly	2	1 Tb Jelly	
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2	2	2	
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3	
	Applesauce	Cup	½	½	½	½	½	½	½	½	½	½	½	½	
	Fruit Juice	Oz	8	8	1c non-dairy drink	8	8 oz milk	8 oz milk	8	8	1c non-dairy	8	8	8	
L U N C H	Chicken Patty	Oz	3	3 oz chopped	Cooked Ground Turkey 3 oz	Cooked Ground Turkey 3 oz	3	3	3 oz Ground Turkey	3 oz Grd. Turkey	3 oz Grd. Turkey	1 c beans	1 veg Patty	1 Veg patty	
	Hamburger Bun	Each	1	1	1	1	1	1	1	1	none	1	1	1	
	Carrots	Cup	½	½	½	½	½	½	½	½	½	½	½	½	
	Ketchup	Oz	2	2	none	1 tsp marg	2	1	1	none	1	1 c Rice	2 Oz	2 Oz	
	Oven Br Potatoes	Cup	3/4	3/4	1½ c Buttered Pasta	1 baked	3/4	3/4	3/4 c boiled	3/4	1½	3/4	3/4	3/4	
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit	
D I N N E R	Grilled T-ham	Oz	3	3 oz chopped	Ground Turkey 3 oz	Ground Turkey 3 oz	3	3	3	3	3	1 c beans	3 oz cheese	3 oz cheese	
	Scalloped Potatoes	Cup	3/4	3/4	1½ c Buttered Rice	1 baked	3/4	1 baked	1½	1 baked	1 baked	1 baked	3/4	3/4	
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4	
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1	
	Peas	Cup	½	½	½	½	½	½	½ c carrots	1/2	½	½	½	½	
	Cornbread	Cut	1	1	2 sl bread	2 sl bread	1	1	1	2 sl bread	none	2 sl bread	1	2 sl bread	
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2	2	2	
	Pudding	Cup	½	½	½ c applesauce	½ c applesauce	½	1 fruit	1/2	½	1 fruit	1 fruit	½	1/2	
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none	
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu		Snack for 2500 Calorie Diabetic Serve at PM meal			
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					Insulin dependant only Meat/Cheese/or PB Bread Condiment		2 Oz 2 Slice 1 Each			
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					1 Each 2 Slice 1 Each					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List					

	DIET LOAD WEEK 4 DAY Tuesday/MEN	AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enl Rec PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Vege/ Kosher	Lacto Veg/ Sikhs				
B R E A K F A S T	Hot Cereal	Cup	1	1	1½ (no salt)	1 (no salt)	1	1	1	1	grits	1	1	1				
	Scrambled Eggs	Oz	3	3	3	1 boiled egg	3	3	3	3	3	2 Tb PB + 1 Tb Jelly	3	2 Tb PB + 1 Tb Jelly				
	Grilled Potatoes	Cup	3/4	3/4 (chop)	1½ c Buttered Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	1½	3/4	3/4	3/4				
	Bread	Slice	2	2	2 tortillas	2 sl wheat	2	2	2 sl white	2	none	2	2	2				
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2				
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3				
	Applesauce	Cup	none	none	½	½	½	½	none	none	none	½	½	½				
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	8	8	1c non-dairy	8	8				
L U N C H	Beef Noodle Soup	Cup	1	1	1½ c buttered pasta	1 c plain pasta	1	1	1 c strained	none	1 c rice	1 c rice	1 c rice	1 c rice				
	Luncheon Meat	Oz	3	3	2 boiled eggs	2 boiled eggs	3	2 oz T-ham	3 oz T-bol.	3½	3	none	none	none				
	Sliced Cheese	Oz	½	½	none	none	½	½	½	none	½	1 c beans	3½	3½				
	Bun	Each	1	1	1	1	1	1	1	1	2 bags chips	1	1	1				
	Shredded Lettuce	Cup	1/4	1/4	1/4	1/4	1/4	1/4	none	1/4	1/4	1/4	1/4	1/4				
	Salad Dr/Mustard	Oz Each	½	½	1 oz Salad Dressing	none	½	½ mustard only	½	½	½	2 tsp marg.	½	½ mustard only				
	Fresh Fruit	Each	1	½ c can fruit	1	1	1	1	½ c canned	1	1	1	1	1				
D I N N E R	Salisbury Patty	Oz	4	4 oz chopped	3 oz cooked wt	3 oz cooked wt	4	3	3	3 oz gr turkey	4	1 c black beans	1 c black beans	1 C black beans				
	Mashed Potatoes	Cup	3/4	3/4	1 ½ c Rice	1 ½	3/4	3/4	3/4	3/4	1½	3/4	3/4	3/4				
	Brown Gravy	Oz	3	3	none	none	3	2	3	3	3	none	none	none				
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2				
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2				
	Corn	Cup	½	½	½	½	½	½	½ c carrots	½	½	½	½	½				
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1 fruit	1 fruit	1	1	1 fruit				
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none				
Diet Snacks List		*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu		Snack for 2500 Calorie Diabetic Serve at PM meal					
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List								
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs																		
2 Oz 2 Slice 1 Each																		

	DIET LOAD SHEET WEEK 4 DAY Wednesday/MEN	AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Recd PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacti Vege/ Kosher	Lacto Veg/ Sikhs
BREAKFAST	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	Pancakes	Each	4	4	4	3	4	3	4	2 eggs	2 eggs	2 Tb PB	4	4
	Syrup	Oz	2	2	2	low cal	2	low cal	2	1 c fried potatoes	1 c fried potatoes	1 Tb jelly	2	2
	T-Ham	Oz	2	2oz chopped	2 boiled eggs	1 boiled egg	2	2	2	2	none	2 Tb PB	2 Tb PB	
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2 sl bread	2	2
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
	Fresh Fruit	Each	none	none	1	1	1	1	none	1	1	1	1	1
LUNCH	Fish Portion	Oz	4	4 chopped	3 oz baked	3 oz baked	4	3 oz baked	3 oz baked	3 oz baked	3 oz baked	1 c beans	1 veggie patty	1 veggie patty
	Tartar Sauce	Oz	1	1	1	none	1	½	1 Tb salad dressing	1	1	none	1 oz ketchup	1 oz ketchup
	Bun	Each	1	1	1	1	1	1	1	½ oz chips	1 c pl. rice	1	1	
	Coleslaw	Cup	½	½	1½ c buttered Mac	½ c. cooked cabbage	½	½	½ c carrots	½	½	½ c cooked cabbage	1	½ c cooked cabbage
	Mixed Vegetables	Cup	½	½	½	½	½	½	½	½	½	½	½	½
	Pudding	Cup	½	½	½	1 fruit	½	1 fruit	½	½	1 fruit	1 fruit	½	½
DINNER	Oven Fr. Chicken	Each	1/4	4 oz chopped	3 oz chicken meat	3 oz skinless	1/4	3 oz meat	1/4	1/4	¼ baked	1 c Split peas	1 c Split peas	1 c Split Peas
	Gravy	Oz	3	3	none	none	3	2	3	3	1 Tb marg	none	none	none
	Mashed Potatoes	Cup	3/4	3/4	1½ c rice	3/4	3/4	3/4	1½	1	1	1	1	1
	Bread	Slice	2	2	2	2	2	2	2	2	½ oz chips	2	2	2
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1
	Green Beans	Cup	½	½ (chopped)	½	½	½	½	½	1/2	½	½	½	½
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu		Snack for 2500 Calorie Diabetic Serve at PM meal		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List		Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					1 Each 2 Slice 1 Each									

	DIET LOAD 4 DAY: Thursday/MEN	AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Receives 1 PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Vege/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 1/2 (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	French Toast	Slice	3	3	3	2	3	3	3	3	2 eggs	2 sl bread	3	2 sl bread
	Syrup	Oz	2	2	2	low cal	2	low cal	2	2	none	2 Tb PB	.2	2 Tb PB
	Grilled Potatoes	Cup	3/4	3/4 (chop)	1 1/2 c buttered Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	1 1/2	3/4	3/4	3/4
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	1 Tbl Jelly
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
L U N C H	Fresh Fruit	Each	none	none	none	1	1	1	none	1	1	1	1	1
	Vegetable Soup	Cup	1	1	none	none	1	1	strained	1	1	1/2 c veg	vegetarian	vegetarian
	T-Hot Dogs	Each	2	2 chopped	3 oz ground turkey	3 oz turkey	2	3 oz turkey	2	2	1 c plain beans	1c Veg Chili	1c Veg Chili	
	Hot Dog Buns	Each	2	2	2	2	2	2	2	1 c Rice	2	2	2	
	Diced Onions	Cup	1/4	1/4	none	1/4	1/4	1/4	none	1/4	none	1/4	1/4	
	Mustard	Oz	1	1	none	none	1	1	1	1	2 tsp marg.	none	none	
	Ketchup	Oz	2	2	none	none	2	1	2	2	none	2	2	
	Oven Br Potatoes	Cup	3/4	3/4	1 1/2 c Pasta	1 baked	3/4	3/4	3/4 c boiled	3/4	1 1/2	1 baked	3/4	3/4
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	1/2	low cal	1	low cal	none	1	1	1 oz ital.	1	1
	Pudding	Cup	1/2	1/2	1/2 c canned fruit	1 fruit	1/2	1 fruit	1/2	1/2	1 fruit	1 fruit	1/2	1/2
D I N N E R	Meat & Cheese Pizza	Slice	2	3/4 c meat sauce,	3 oz ground turkey	3 oz grd. turkey	2	1	2	3 oz turkey	3/4 c meat Sauce	1 c rice	2 sl cheese pizza	2 sl cheese pizza
	Herb Noodles	Cup	3/4	1 1/2	1 1/2	1 c plain	3/4	3/4	3/4	3/4	1 1/2	1 c beans	1 c pasta	1 c pasta
	Broccoli Cuts	Cup	1/2	1/2	1/2	1/2	1/2	1/2	1/2 carrots	1/2	1/2	1/2	1/2	1/2
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	1/2	low cal	1	low cal	none	1	1	1 oz ital.	1	1
	Fresh Fruit	Each	1	1/2 c canned	1	1	1	1	1/2 canned	1	1	1	1	1
	Milk, 2%	Oz	none	none	none	none	8 oz	8 oz	none	none	none	none	none	none

Diet Snacks
List

*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk

Snack for *Hypoglycemia given at
Breakfast/Lunch/Dinner + Diabetic
Menu

Snack for 2500 Calorie Diabetic Serve at PM
meal

Insulin dependant only
Meat/Cheese/or PB
Bread
Condiment

2 Oz
2 Slice
1 Each

Prescription Supported Snack: 1/2 PB Sand OR 4 Pkt.Saltine Crackers

*Renal Diabetic One PM Snack

1 Each
2 Slice
1 Each

One 1 Oz Meat/Cheese or PB
Sandwich See Snack Rotation List

Dispensed Beverages are Appropriate for Diabetics
Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs

	DIET LOAD V 4 DAY: Friday/MEN		AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	E ed Receives 1 PM Snk	2500 Diabetic Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lac, Vege/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1	
	Biscuits	Each	2	2	2 sl bread	2 sl bread	2	2	2	2	none	2	2	2	
	Sausage Gravy	Cup	3/4	3/4	2 oz ground turkey	2 oz ground turkey	3/4	3/4	2 oz turkey	3/4	2 oz turkey	2 Tb PB + 1 Tb Jelly	2 Tb PB + 1 Tb Jelly	2 Tb PB + 1 Tb Jelly	
	Grilled Potatoes	Cup	3/4	3/4 (chop)	1½ c Buttered Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	1½	3/4	3/4	3/4	
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3	
	Fruit Juice	Oz	8	8	1c non-dairy drink	8	8 oz milk	8 oz milk	8	8	8	1c non- dairy	8	8	
	Fresh Fruit	Each	1	½ c canned	1	1	1	1	½ canned	1	1	1	1	1	
L U N C H	Chicken Soup	Cup	1	1	none	none	1	1	1 c strained	1	1 c Rice	1 c Rice	1 c Rice	1 c Rice	
	Grilled Pastrami	Oz	3	3oz chopped T-ham	3 oz Chicken + 1 oz Salad Dressing	3 oz cooked chicken	3	3 oz T- Ham	3 oz T-Ham	4 oz	3	1 c Plain beans	Quesadilla 3 oz cheese + 2 Flour Tortilla	Quesadillas 3 oz cheese + 2 Flour Tortilla	
	Cheese	Oz	1	1	none	none	1	½	1	none	1	none			
	Bread	Slice	4	4	4	4 NOT GRILLED	4	4	4	4	1 baked potato	2 tortillas	none	none	
	Green Beans	Cup	½	½	½	½	½	½	½	½	½	½	½	½	
	Cookies	Each	2	2 pkt graham	2 pkt graham	1 fruit	2	1 fruit	2	2	1 fruit	1 fruit	2	1 fruit	
D I N N E R	Pasta	Oz	6	6	1½ c pasta	6	6	6	6	6	1½ c Rice	1 c pasta+ 1 c Lentils	10 oz Veg Lasagna	10 oz Veg. Lasagna	
	Meat Sauce	Cup	3/4	3/4	3 oz cooked ground turkey	3 oz cooked ground turkey	3/4	3/4	3 oz grd turkey	3/4	none	none	none	none	
	Peas	Cup	½	½	½	½	½	½	½ c carrots	½	1/2	½	½	½	
	Garlic Bread	Slice	2	2 sl bread	2	2 sl bread + 1 tsp margarine	2	2 sl bread	2	none	2 sl bread	2	2	2	
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4	
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1	
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit	
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none	

Diet Snacks
List

*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk

Snack for *Hypoglycemia given at
Breakfast/Lunch/Dinner + Diabetic Menu

Snack for 2500 Calorie Diabetic Serve at PM
meal

Insulin dependant only
Meat/Cheese/or PB
Bread
Condiment

2 Oz
2 Slice
1 Each

Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers
Dispensed Beverages are Appropriate for Diabetics
Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs

*Renal Diabetic One PM Snack
Boiled Egg
Bread
Salad Dr. Packet

One 1 Oz Meat/Cheese or PB
Sandwich See Snack Rotation List

	Diet Load Sheet WEEK 4 DAY: Saturday/MEN	AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enl. Receives 1 PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lk Vege/ Kosher	Lacto Veg/ Sikhs
B R E K F A S T / L U N C H	Cold Cereal	Cup	4	1 c Hot	1½ c hot (no salt)	1 hot (no salt)	1	1	1	1	1c corn flakes	1	1	1
	Scrambled Eggs	Oz	4	4	3	1 boiled egg	4	3	4	4	4	2 Tb PB + 2 SI Bread	4	2 Tb PB + 2 SI Bread
	Grilled Potatoes w/chorizo	Cup	3/4	3/4 (chop)	1½ c plain Rice	3/4 c boiled (No Chorizo)	3/4	3/4	3/4 c boiled (No Chorizo)	3/4	1½ Cup	3/4	3/4 NO chorizo	3/4 NO chorizo
	Flour Tortillas	Each	2	2	2	2	2	2	2	2	none	2	2	2
	Refried Beans	Cup	3/4	3/4	none	½	3/4	3/4	3/4 c Rice	3/4 c rice	3/4	3/4	3/4	3/4
	Salsa	Oz	2	2	none	none	2	2	none	none	2	none	2	2
	Shredded Cheese	Oz	1	1	none	none	1	1	1	none	1	none	1	2
	Fresh Fruit	Each	1	½ c canned	1	1	1	1	½ c canned	1	1	1	1	1
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
D I N N E R	Milk, 2%	Oz	8	8	1c non-dairy drink	8	16	8	8	none	8	1c non-dairy	8	8
	Hamburger	Oz	4	4 oz chopped	3 oz Gr. Turkey	3 oz Hamburger	4	4	4	4 oz turkey	4	1 c lentils	1 veg patty	1 veg patty
	Bun	Each	1	1	1	1	1	1	1	1	none	1	1	1
	Sliced Cheese	Oz	½	½	1 Tb margarine	none	½	½	½	none	1	none	1/2	1/2
	Oven Br. Potatoes	Cup	3/4	3/4	1½ c Pasta	3/4	1	3/4	1½ c mashed	3/4	1½	3/4	3/4	3/4
	Baked beans	Cup	3/4	3/4	none	3/4 c plain	3/4	½ c veg	none	½ c veg	3/4	3/4	3/4	3/4
	Shredded Lettuce	Cup	1/4	1/4	1/4	1/4	1/4	1/4	none	1/4	1/4	1/4	1/4	1/4
	Mustard	Oz	½	½	none	none	½	½	½	½	½	none	½	½
	Ketchup	Oz	2	2	none	none	2	1	2	2	2	none	2	2
	Tomato Slice	Each	2	2	none	2	2	2	none	none	2	none	2	2
	Pudding	Cup	½	½	2 graham cracker packets	2 graham cracker packets	½	2 graham packets	½ c canned	½	1 fruit	2 graham packets	½	½
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal	
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Insulin dependant only Meat/Cheese/or PB Bread Condiment	
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					1 Each 2 Slice 1 Each					2 Oz 2 Slice 1 Each				

	DIET LOAD SHEET WEEK 4 DAY: Sunday/MEN	AMT	Mens Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enhanc Receives PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-L Veg/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T / L U N C H	Cold Cereal	Cup	1	1 c Hot	1 ½ hot(no salt)	1 hot (no salt)	1	1	1	1	grits only	1	1	1
	Waffles	Each	3	3	2	2	3	2	3	3	1 ½ c hash browns	3	3	3 sl bread
	Syrup	Oz	3	3	2	low cal	3	low cal	3	3	none	3	3	2 Tb PB
	Margarine	Tsp	2	2	2	none	2	1	2	2	none	2	2	1 Tb Jelly
	T-Ham	Oz	1	1 oz chopped	none	none	1	1	1	1	1	3/4 c lentils + 3/4 c rice	3/4 c lentils + 3/4 c rice	3/4 c lentils + 3/4 c rice
	Sliced Cheese	Oz	1/2	½	none	none	1/2	1/2	½	none	½	none	1	2
	Egg	Each	1	1	2	2 boiled eggs	1	1	1	1	1	none	1	none
	Hamburger Bun	Each	1	1	1	1	1	1	1	1	none	1	1	1
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8
D I N N E R	Milk, 2%	Oz	8	8	1c non-dairy drink	8	16	8	8	none	8	8	8	8
	Fresh Fruit	Each	1	½ c canned	½ c canned	1	1	1	½ c canned	1	1	1	1	1
	Chicken Meat	Oz	3	3 oz chopped	3	3	3	3	4	3	3	1 c beans	3/4 c Veg taco mix	3/4 c Veg taco mix
	Grilled Onions & Peppers	Cup	½	½	none	none	½	½	½	none	1/2	none	½	½
	Flour Tortillas	Each	2	2	2	2	2	2	2	2	none	2	2	2
	Shredded Cheese	Oz	1	1	none	none	1	½	none	none	1	none	1	1
	Salsa	Oz	2	2	none	none	2	2	none	2	2	none	2	2
	Shredded Lettuce	Cup	½	½	½	½	½	½	none	½	½	½	½	½
	Refried Beans	Cup	3/4	3/4	½ c veg	3/4	3/4	3/4	none	½ c veg	1 ½	1 ½	3/4	3/4
	Spanish Rice	Cup	3/4	3/4	1 ½ c Buttered Rice	3/4 c plain Rice	3/4	3/4	1 ½	1 ½	3/4	1 ½ c Rice	1 c Rice	1 c rice
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers	Pudding	Cup	½	½	½ c applesauce	½ c applesauce	½	½ c applesauce	½ c applesauce	1/2	½ c applesauce	½ c apples	½	1/2
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
	Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal	
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs								Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each			
*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet								One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List						

Arizona Department of Corrections
Diet Spread Sheets
Week 5
August 16, 2002

	DIET LOAD SHEET WEEK 5 DAY: Monday/Men		AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enhanc Receiv PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Vege/ Kosher	Lacto Veg/ Sikhs			
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1				
	Biscuits	Each	2	2	2 sl bread	2 sl bread	2	2	2	2	3/4 c Rice	2	2	2				
	Sausage Gravy	Cup	3/4	3/4	2 oz cooked turkey	2 oz cooked turkey	3/4	3/4	3/4	3/4	2 oz turkey	2 Tb PB + 1 Tb Jelly	3 oz cheese	3 oz cheese				
	Grilled Potatoes	Cup	3/4	3/4 c mashed	1 ½ buttered rice	3/4 c boiled	3/4	3/4	3/4 c boiled	3/4	3/4	3/4	3/4	3/4				
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3				
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8				
	Fresh Fruit	Each	1	½ c canned	½ c canned fruit	1	1	1	½ c canned	1	1	1	1	1				
L U N C H	Chili w/Beans	Cup	1 ½	1 ½	Grd Turkey 3 oz	Turkey 3 oz	1	3/4	Turkey 3 oz	Turkey 4 oz	1	1 c Rice	1 ½ c Veg Chili	1 ½ c Veg Chili				
	Crackers	Pkt	2	2	1 ½ c Rice	1 ½ c Pinto Beans	2	2	2	2	none	2	2	2				
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4				
	Dressing	Oz	1	1	1	low cal	1	low cal	none	1	1	1	1	1				
	Shredded Cheese	Oz	1	1	none	none	1	½	1	none	1	none	1	1				
	Onions, Diced	Cup	¼	¼	none	none	¼	¼	none	¼	¼	1 c beans	¼	¼				
	Fresh Fruit	Each	1	½ c can fr.	½ c canned fruit	1	1	1	½ c canned	1	1	1	1	1				
D I N N E R	Sliced Turkey	Oz	3	3 oz chopped	3 oz cooked ground turkey meat	3 oz ground turkey	3	3	3	3	1	1 c Black Beans	1 c Black Beans	1 c Black Beans				
	Turkey Gravy	Oz	3	3	none	none	3	2	2	2	none	2 tsp marg	2 tsp marg	2 tsp marg				
	Mashed Potatoes	Cup	3/4	3/4	1 ½ c Buttered Pasta	3/4	3/4	3/4	1	3/4	1 ½	3/4	3/4	3/4				
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2				
	Coleslaw	Cup	½	½	none	½ c cooked cabbage	½	½	none	½	½	½ c cabbage	½	½ c cabbage				
	Carrots	Cup	½	½	½	½	½	½	1/2	½	½	½	½	½				
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit				
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none				
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk											Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu						
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					1 Each 2 Slice 1 Each	One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List							
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs										Snack for 2500 Calorie Diabetic Serve at PM meal Insulin dependant only Meat/Cheese/or PB Bread Condiment :					2 Oz 2 Slice 1 Each			

	DIET LOAD SHEET WEEK 5 DA Tuesday/Men		AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rec PM	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Vege/ Kosher	Lacto Veg/ Sikhs	
B R E A K F A S T	Hot Cereal	Cup	none	none	1½ (no salt)	1 (no salt)	1	none	1	1	none	2 sl bread	none	2 sl bread		
	Scrambled Eggs	Oz	3	3	3	1 boiled egg	3	3	3	3	3	2 Tb PB	3	2 Tb PB		
	Refried Beans	Cup	3/4	3/4	1½ c Buttered Rice	1 c pintos (no salt)	3/4	3/4	3/4 c rice	3/4 c rice	1½	3/4	3/4	3/4	3/4	
	Flour Tortillas	Each	2	2	2	2	2	2	2	2	none	2	2	2	2	
	Shredded Cheese	Oz	1	1	none	none	1	½	1	none	1	none	1	1	1	
	Salsa	Oz	2	2	none	none	2	2	none	none	2	none	2	2	2	
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3	3	
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8	8	
L U N C H	Applesauce	Cup	none	none	½	½	½	½	none	½	none	½	½	½	½	
	Chicken Rice Soup	Cup	1	1	none	none	1	1	strained	none	none	1 c Rice	1 c veg soup	1 c veg soup		
	T-Bologna	Oz	2	4 oz chopped	3 oz chicken	3 oz cooked chicken meat	2	3 oz cooked chicken meat	4	2	2	1 c plain beans	1 veg patty	1 veg patty		
	T-Salami	Oz	2	none	none	none	2	none	none	2	2	none	1 sl cheese	1 sl cheese		
	Bun	Each	1	1	1	1	1	1	1	1	none	1	1	1	1	
	Shredded Lettuce	Cup	¼	¼	¼	¼	¼	¼	none	¼	¼	none	¼	¼	¼	
	Potato Salad	Cup	3/4	3/4 mashed	1½ Cup Rice	1 baked potato	3/4	3/4	3/4	3/4	1½	3/4	3/4	3/4	1 baked	
	Mustard/Salad Dr.	Oz Each	½	½	1 oz Salad Dr.	none	½	½	½	½	½	none	½	mustard only		
D I N N E R	Gelatin	Cup	1/2	½	½	1 fruit	½	1 fruit	½	½	1 fruit	1 fruit	½	1 fruit	1 fruit	
	Meat Loaf	Oz	4	4	3 oz hamb	3 oz hamb	4	3	4	4 oz turkey	4 oz hamb	1 c split peas	1 c Split pea	1 c Split peas		
	Mashed Potatoes	Cup	3/4	3/4	1½ Pasta	3/4	3/4	3/4	3/4	3/4	1½	3/4	3/4	3/4	3/4	
	Gravy	Oz	3	3	none	none	3	2	3	3	none	none	none	none	none	
	Mixed Vegetables	Cup	½	½	½	½	½	½	none	½	½	none	½	½	1/2	
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2	2	
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2	2	
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit	1 fruit	
Diet Snacks List		*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu		Snack for 2500 Calorie Diabetic Serve at PM meal			
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers								*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet		1 Each	One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List		Insulin dependant only Meat/Cheese/or PB Bread Condiment			
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock										2 Slice			2 Oz 2 Slice 1 Each			

	DIET LOAD SHEET WEEK 5 DA ₁ Wednesday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Ent Rea PM DIK	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lar Veg Kosher	Lacto Veg Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	Pancakes	Each	4	4	4	4	4	3	4	2 boiled eggs	2 boiled eggs	2 Tb PB	4	4
	Syrup	Oz	2	2	2	low cal	2	low cal	2	1 c grilled potatoes	1 c grilled potatoes	1 Tb jelly	2	2
	T-Ham	Oz	2	2oz chopped	2 boiled eggs	1 boiled egg	2	2	2	2	none	2 Tb PB	2 Tb PB	
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2 sl bread	2	2
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
	Fresh Fruit	Each	none	none	1	1	1	1	none	1	1	1	1	1
L U N C H	Grilled T-ham	Oz	3	3 oz chopped (not grilled)	2 boiled eggs	2 boiled eggs	3	2 oz T-ham	3 oz T-ham	4	3	3/4 c Plain lentils	3/4 c lentils	3/4 c lentils
	Sliced Cheese	Oz	1	1	none	none	1	½	1	none	1	none	3	3
	Bread	Slice	4	4	4	4	4	4	4	4	none	2	4	4
	Ketchup	Oz	2	2	1 oz Salad Dr.	none	2	1	2	none	3	none	2	2
	Oven Br. Potatoes	Cup	3/4	3/4 c boiled	1½c buttered Mac	1 baked	3/4	3/4	3/4 c boiled	3/4	1½	3/4	3/4	3/4
	Pasta Salad	Cup	3/4	3/4	½ c veg	½ c veg	3/4	½ c veg	3/4	3/4	½ c veg	3/4	3/4	3/4
	Pudding	Cup	1/2	½	½	1 fruit	½	1 fruit	½	½	1 fruit	1 fruit	½	1 fruit
D I N N E R	Spaghetti	Oz	6	6	10	6	6	6	6	1½ c rice	6	6	6	
	Meat Sauce	Cup	3/4	3/4	3 oz cooked turkey	3 oz cooked turkey	3/4	½	3 oz turkey	3/4	1 c beans	1 c Veg Sauce	1 c Veg Sauce	
	Garlic Bread	Slice	2	2	2	2 bread + 1 tsp marg	2	2	2	1 tsp marg	2	2	2	
	Green Beans	Cup	½	½ (chopped)	½	½	½	½	½	½	½	½	½	½
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	1	low cal	1	low cal	none	1	1	1	1	1
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1 fruit	1 fruit	1	1 fruit	
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk											Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Snack for 2500 Calorie Diabetic Serve at PM meal	
Dispensed Beverages are Appropriate for Diabetics					1 Each 2 Slice 1 Each					Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each	
Dispensed Beverages are Self Serve except for lock downs														

	DIET LOAD WEEK 5 DAY Thursday/Men		AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Receives 1 PM Snk	2500 Diabetic Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lac Vege/ Kosher	Lacto Veg/ Sikhs		
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1			
	French Toast	Slice	3	3	3	3	3	3	3	3	2 boiled eggs	3 sl bread	3	3 sl bread			
	Syrup	Oz	2	2	2	low cal	2	low cal	2	2	none	2 Tb PB + 1 Tb Jelly	2	2 Tb PB + 1 Tb Jelly			
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	2	2	2			
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3			
	Grilled Potatoes	Cup	3/4	3/4 c mashed	1 ½ buttered rice	3/4 c boiled	3/4	3/4	3/4 c boiled	3/4	3/4	3/4	3/4	3/4	3/4		
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8			
	Fresh Fruit	Each	none	none	none	1	1	1	none	1	1	1	1	1			
L U N C H	Burrito mix	Cup	1	1	3 oz cooked turkey	3 oz turkey	1	1	3 oz turkey	3 oz turkey	1	1 c beans	1 c veg taco mix	1 c veg taco mix			
	Flour Tortillas	Each	2	2	2	2	2	2	2	2	none	2	2	2			
	Shredded Cheese	Oz	1	1	none	none	1	½	1	none	1	none	1	1			
	Spanish Rice	Cup	½	½	1 ½ c buttered	1 ½ c plain	½	½	½ c plain	1 ½	1 ½	1 c plain	1 c Rice	1 c rice			
	Corn	Cup	½	½	½	½	½	½	½ c carrots	½	½	½	½	½			
	Salsa	Oz	2	2	none	none	2	2	none	none	2	none	2	2			
	Shredded Lettuce	Cup	½	½	½	½	½	½	none	½	½	½	½	½			
	Fresh Fruit	Each	1	½ c canned	½ c canned fruit	1	1	1	½ c canned	1	1	1	1	1			
D I N N E R	Oven Fried Chicken	Each	1/4	4 oz chop meat	3 oz chicken meat	3 oz skinless	1/4	3 oz n meat	1/4	1/4	1/4 baked	1 c Kidney Beans	1 c Veg Chili	1 c Veg Chili			
	Rice Pilaf	Cup	3/4	3/4	1 ½	3/4	3/4	3/4	3/4	1 ½	3/4	1 c Rice	1 c Rice	1 c rice			
	Bread	Slice	2	2	2	2	2	2	2	2	½ oz chips	2	2	2			
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2			
	Broccoli Cuts	Cup	½	½ (chopped)	½	½	½	½	½ c green beans	1/2	½	½	½	½			
	Pudding	Cup	½	½	1 fruit	1 fruit	½	1 fruit	½	1 fruit	1 fruit	1 fruit	½	1/2			
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none			
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk										Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu		Snack for 2500 Calorie Diabetic Serve at PM meal				
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers								*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Insulin dependant only Meat/Cheese/or PB Bread Condiment		
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs								1 Each 2 Slice 1 Each				2 Oz 2 Slice 1 Each					

	DIET LOAD SHEET WEEK 5 DA 1. Friday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Friedes 1 Pm Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-L Veg Kosher	Lacto Veg/ Sikhs			
B R E A K F A S T	Hot Cereal	Cup	1	1	1½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1			
	Scrambled Eggs	Oz	3	3	3	1 boiled egg	3	3	3	3	2 Tb PB + 1 TB Jelly	3	2 Tb PB + 1 TB Jelly				
	Grilled Potatoes	Cup	3/4	3/4 (chop)	1½ c Buttered Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	1½	3/4	3/4	3/4			
	Bread	Slice	2	2	2 tortillas	2 sl wheat	2	2	2 sl white	2	none	2	2	2			
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3			
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8			
	Fresh Fruit	Each	1	½ c canned	½ c canned fruit	1	1	1	½ c canned	1	1	1	1	1			
L U N C H	Veg Rice Soup	Cup	1	1	1½ c Buttered Pasta	1½ c Pasta	1	1	1 c strained	1	none	1 c pasta	vegetarian soup	vegetarian soup			
	Meat & Cheese Pizza	Slice	2	3/4 c meat sauce + 1c pasta	3 oz ground turkey	3 oz ground turkey	2	2	3 oz turkey + 1 c Pasta	3 oz turkey + 1 c Pasta	3 oz turkey + 1 c Rice	1 c plain lentils	2 sl cheese pizza	2 sl cheese pizza			
	Fresh Fruit	Each	1	½ c canned	½ c canned fruit	1	1	1	½ c canned	1	1	1	1	1			
	Peas	Cup	1/2	1/2	½	½	½	½	½ c carrots	½ c carrots	½	½	½	½			
	Glazed Cake	Cut	1	1	1	2 graham cracker packets	1	2 graham cracker pkt	1	1	2 graham cracker pk	2 graham cracker pkt	1	2 graham cracker pkt			
D I N N E R	Grilled T-Ham	Oz	3	3 oz chopped	3 oz hamb	3 oz hamb	3	3	3	3	1 c beans	1c Red beans w/ onions	1c Red beans w/ onions				
	Baked Potato	Each	1	1 c mashed	1½ c buttered rice	1	1	1	1 c mashed	1	1	1	1	1			
	Mixed Vegetables	Cup	½	½	½	½	½	½	½	½	½	½	½	½			
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4			
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1			
	Bread	Slice	2	2	2	2	2	2	2	none	2	2	2				
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2				
	Glazed Cake	Cut	1	1	2 graham cracker packets	2 graham cracker packets	1	2 graham cracker pkt	1	1	1 fruit	2 graham cracker pkt	2 graham cracker pkt	2 graham cracker pkt			
Diet Snacks List		*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk										Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu					
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					1 Each	One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List						
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs										2 Slice	Snack for 2500 Calorie Diabetic Serve at PM meal Insulin dependant only Meat/Cheese/or PB Bread Condiment						
										1 Each							

	DIET LOAD SH ^{ORT} WEEK 5 DA Saturday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enb ^r Rec ^r PM SUK	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo Ve Kosher	Lacto Veg/ Sikhs
B R E K F A S T / L U N C H	Cold Cereal	Cup	1	1 c Hot	1½ c hot (no salt)	1 c hot cereal (no salt)	1	1 c hot cereal	1	1	Corn Flakes	1 c hot cereal	1	1
	Waffles	Each	3	.3	3	2	3	2	3	3	2 Tb PB	3	3	.2 Tb PB
	Syrup	Oz	3	.3	2	low calorie	3	low calorie	3	3	1 Tb Jelly	3	3	1 TB Jelly
	T-Ham	Oz	2	2 oz chopped	none	none	2	1	2	2	2	1 c beans & rice	none	1 c beans & rice
	Boiled Egg	Each	1	1	2	1	1	1	1	1	1	none	2	2 oz cheese
	Grilled Potatoes	Cup	3/4	3/4 c boiled	1½ Cup Rice	1 ½ c boiled	3/4	3/4	3/4 c boiled	3/4	1 ½	3/4	3/4	3/4
	Margarine	Tsp	2	2	2	1	2	1	2	2	2	2	2	2
	Bread	Slice	2	2	2	2 sl wheat	2	2	2 sl white	2	none	2	2	4
	Fresh Fruit	Each	1	½ c canned	½ c canned	1	1	1	1	1	1	1	1	1
	Pastry	Each	1	1	1 oz salad dressing	1 sliced tomato	1	none	1	1	none	none	1	none
	Sugar	Pkt	3	3	3	sweet'n'low	3	sweet'n'low	3	3	3	3	3	3
D I N N E R	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8
	Milk, 2%	Oz	8	8	1 c non-dairy drink	8	16	8	8	none	8	1 c non-dairy	8	8
	Hamburger	Oz	4	4 oz (chopped)	3 oz hamb	3 oz hamb	4	4	4	4 oz ground turkey	4	1 c lentils	1 veg patty	1 veg patty
	Bun	Each	1	1	1	1	1	1	1	none	1	1	1	1
	Sliced Cheese	Oz	½	½	1 Tb margarine	none	½	½	½	none	1	none	½	1/2
	Oven Br. Potatoes	Cup	3/4	3/4	1½ c Pasta	1 baked	1	3/4	1½ c mash	3/4	1½	3/4	3/4	3/4
	Baked beans	Cup	3/4	3/4	none	3/4 c plain	3/4	½ c veg	none	½ c veg	1½	3/4	3/4	3/4
	Shredded Lettuce	Cup	1/4	1/4	1/4	1/4	1/4	1/4	none	1/4	1/4	1/4	1/4	1/4
	Onion	Slice	2	2 (chopped)	1	1	2	2	none	2	2	none	2	2
	Mustard	Oz	½	½	none	none	½	½	½	½	½	none	½	½
	Ketchup	Oz	2	2	none	none	2	1	2	2	2	none	2	2
	Pickle Chips	Each	2	2	none	none	2	2	none	none	2	none	2	2
	Macaroni Salad	Cup	½	½	1½ c Pasta	1 c plain	½	½	½	½	none	½ c pasta	½ c pasta	½ c pasta
	Pudding	Cup	½	½	1 fruit	1 fruit	½	1 fruit	½	1 fruit	1 fruit	½	½	1/2
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List		*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal	
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					Insulin dependant only Meat/Cheese/or PB Sandwich See Snack Rotation List			2 Oz 2 Slice 1 Each	
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs														

DIET LOAD SHEET WEEK 5 DAY Sunday/Men		AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rec PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Ve Kosher	Lacto Veg/Sikhs
B R E A K F A S T / L U N C H	Cold Cereal	Cup	1	1 c Hot	1 ½ hot(no salt)	1 hot (no salt)	1	1	1	1	Corn Flakes	1 c Hot	1	1
	Pancakes	Each	4	4	2	2	4	2	4	4	1½ hash browns	4	4	4
	Syrup	Oz	3	3	3	low cal	3	low cal	3	3	none	3	3	3
	Margarine	Tsp	2	2	2	none	2	1	2	2	none	2	2	2
	Scrambled Eggs w/ Cheese, Sausage, Potatoes, Onions & Peppers	Oz	6	6	2 boiled eggs	2 boiled eggs	6	6	4 oz. scrambled eggs +1 c potatoes	3 oz sausage + 1 c grilled pot	1½ cups	1 cup grilled potatoes	6 oz with NO sausage	3 oz cheese + 1 c grilled potatoes
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	16	8	8	none	8	1 c non-dairy drink	8	8
	Fresh Fruit	Each	1	½ c canned	½ c canned	1	1	1	½ c canned	1	1	1	1	1
D I N N E R	Baked Chicken	Each	1/4	4 oz chopped meat	3 oz chicken meat	3 oz skinless	1/4	3 oz chicken meat	1/4	1/4	1/4	1 c plain kidney bean	1 c meatless sauce	1 c meatless sauce
	Poultry Gravy	Oz	3	3	none	none	3	2	3	3	none	none	none	none
	Herb Noodles	Cup	3/4	3/4	1½	1½ c plain pasta	3/4	3/4	3/4	1½	3/4	1 c Past	1 c Pasta	1c Pasta
	Bread	Slice	2	2	2	2	2	2	2	2	½ oz chips	2	2	2
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1
	Carrots	Cup	½	½ (chopped)	½	½	½	½	1/2	1/2	½	½	½	½
	Gelatin	Cup	½	½	1 fruit	1 fruit	½	1 fruit	½	1 fruit	1 fruit	1 fruit	½	1/2
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal	
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz 2 Slice 1 Each	
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List									

Arizona Department of Corrections
Diet Spread Sheets
Week 6
August 16, 2002

	DIET LOAD SHEET WEEK 6 DAY Monday/Men		AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Recd PM	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lact Veg/ Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1½ (no salt)	1 (no salt)	1	1	1	1	1	grits only	1	1	1
	Scrambled Eggs	Oz	3	3	3	1 boiled egg	3	3	3	3	3	2 Tb PB + 1 Tb Jelly	3	2 Tb PB + 1 Tb Jelly	
	Grilled Potatoes	Cup	3/4	3/4 (chop)	1½ c Buttered Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	1½	3/4	3/4	3/4	
	Bread	Slice	2	2	2 tortillas	2 sl wheat	2	2	2 sl white	2	none	2	2	2	
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3	
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8	
	Fresh Fruit	Each	none	none	½ c canned fruit	1	1	1	none	none	none	1	1	1	
L U N C H	Cr. of Broccoli Soup	Cup	1	1	none	none	1	1	1c strained	1	none	1 c Rice	1 c Rice	1 c rice	
	T-Hot Dogs	Each	2	2 chopped	3 oz cooked ground turkey	3 oz cooked ground turkey	2	3 oz ground turkey	2	2	2	1 c beans	1c Veg Chili	1c Veg Chili	
	Hot Dog Buns	Each	2	2	2	2	2	2	2	2	none	2	2	2	
	Diced Onions	Cup	1/4	1/4	1/4	none	1/4	1/4	½ c veg	1/4	1/4	none	1/4	1/4	
	Mustard/Ketchup	Oz Each	1	1	none	none	1	1	1	½ oz must only	none	1 Tb margarine	none	1 Tb margarine	
	Potato Salad	Cup	3/4	3/4	½ c Buttered Pasta	1 baked potato	3/4	3/4	3/4	3/4	1½	1 baked	3/4	1 baked	
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit	
D I N N E R	Hot Beef	Oz	3	3 oz chopped	3	3	3	3	3	3	3	1 c Black Beans	1 c Black Beans	1 c Black Beans	
	Brown Gravy	Oz	3	3	none	none	3	2	2	2	2	2 tsp margarine	2 tsp margarine	2 tsp margarine	
	Mashed Potatoes	Cup	3/4	3/4	1½ c Buttered Pasta	3/4	3/4	3/4	1	3/4	1½	3/4	3/4	3/4	
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2	
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4	
	Dressing	Oz	1	1	1	low cal	1	low cal	none	1	1	1	1	1	
	Carrots	Cup	½	½	½	½	½	½	1/2	½	½	½	½	½	
	Pudding	Cup	½	½	½ c applesauce	½ c applesauce	½	1 fruit	½	½	1 fruit	1 fruit	½	½	
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none	
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk										Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu		Snack for 2500 Calorie Diabetic Serve at PM meal		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List		Insulin dependant only Meat/Cheese/or PB Bread Condiment			
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs												2 Oz 2 Slice 1 Each			

	DIET LOAD WEEK 6 DA Tuesday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enh Rec PM	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Lacto Vege/ Kosher	Lacto Veg/ Sikhs					
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1					
	Pancakes	Each	4	4	4	3	4	3	4	2 eggs	2 eggs	2 Tb PB	4	4					
	Syrup	Oz	2	2	2	low cal	2	low cal	2	1 c Pot	1 c Pot.	1 Tb jelly	2	2					
	T-Ham	Oz	2	2oz chop	2 boiled eggs	1 boiled egg	2	2	2	2	none	2 Tb PB	2 Tb PB						
	Margarine	Tsp	2	2	2	1	2	2	2	2	none	3 sl bread	2	2					
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3					
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8					
	Fresh Fruit	Each	none	none	1	1	1	1	none	1	none	1	1	1					
L U N C H	Tostada Mix	Cup	1	1	3 oz cooked turkey	3 oz turkey	1	1	3 oz turkey	3 oz turkey	1	1 c beans	1 c veg taco mix	1 c veg taco mix					
	Tostada Shells	Each	2	2 flour tort.	2 flour tortillas	2 flour tortillas	2	2	2	2	2	2	2	2					
	Shredded Cheese	Oz	1	1	none	none	1	½	1	none	1	none	1	1					
	Spanish Rice	Cup	3/4	3/4	1½ c buttered rice	1½ c plain rice	3/4	½	3/4 c plain	1½ c rice	1½ c	1 c plain	1 c Rice	1 c rice					
	Corn	Cup	½	½	½	½	½	½	½ c carrots	½	½	½	½	½					
	Salsa	Oz	2	2	none	none	2	2	none	none	2	none	2	2					
	Shredded Lettuce	Cup	½	½	½	½	½	½	none	½	½	½	½	½					
	Fresh Fruit	Each	1	½ c canned	½ c canned fruit	1	1	1	½ c canned	1	1	1	1	1					
D I N N E R	Country Fried Patty	Oz	4	4 oz chopped	3 oz cooked chicken meat	3 oz skinless chicken	4	3 oz hamb	3 oz hamb	3 oz chicken	3 oz hamb.	1 c pinto beans	1 Stuffed Pepper	1 Stuffed Pepper					
	Steamed Rice	Cup	3/4	3/4	1½	3/4	3/4	3/4	3/4	3/4	3/4	3/4	3/4	3/4					
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2					
	Margarine	Tsp	2	2	2	2	2	2	2	2	2	2	2	2					
	Gravy	Oz	3	3	none	none	1	3	3	none	none	none	none	none					
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4					
	Dressing	Oz	1	1	1	low cal	1	low cal	none	1	1	1	1	1					
	Mixed Vegetables	Cup	½	½	½	½	½	½	½ c carrots	½	½	½	½	½					
	Glazed Cake	Cut	1	1	1	1 fruit	1	1 fruit	1	1	1 fruit	1	1	1 fruit					
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none					
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu		Snack for 2500 Calorie Diabetic Serve at PM meal Insulin dependant only Meat/Cheese/or PB Bread Condiment							
Prescription-Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List										
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock																			

	DIET LOAD SHEET WEEK 6 DA Wednesday/Men	AMT	Men Reg.	Dental or Mechanical- Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enhr Rec 1 PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No.Gluten	Allergy Alternativ e Menu	Ovo-Lactc Vege/ Kosher	Lacto Veg/ Sikhs		
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	'1	grits only	1	1	1		
	French Toast	Slice	3	3	2	2	3	2	3	2 boiled eggs	2 boiled eggs	2 Tb PB	3	3 sl bread + 2 Tb PB		
	Syrup	Oz	2	2	2	low cal	2	low cal	2	1 c fried potatoes	1 c fried potatoes	1 Tb jelly	2	2 Tb jelly		
	Margarine	Tsp	2	2	2	1	2	2	2	none	2 sl bread	2	2			
	Sugar	Pkt	3	3	3	sweet'n'low	3	sweet'n'low	3	3	3	3	3	3		
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non- dairy	8	8		
	Applesauce	Cup	¼	¼	¼	¼	¼	¼	¼	¼	¼	¼	¼	¼		
L U N C H	Vegetable Soup	Cup	1	1	none	none	1	1	strained	1 c pasta	1	1 c pasta	vegetarian	vegetarian		
	Italian Sausage	Oz	4	4 oz chopped	3 oz gr. turkey	3 oz gr. turkey	4	3 oz gr. turkey	3 oz turkey	4	3	1 c beans	1 c pasta	1 c pasta		
	Fried Onions, Tomato & Green Pepper Sauce	Cup	½	½	1½ c buttered pasta	1½ c pasta	½	½	none	none	½	2 Tsp margarine	1c veg spag sauce	1c veg spag sauce		
	Hot Dog Bun	Each	1	1	1	1	1	1	1	1	1	1 baked potato	1	1		
	Chips	Oz	½	3/4 c boiled potatoes	½ c veg	½ c veg	½	½ c veg	½	½	½	½	½	½		
	Pudding	Cup	1/2	½	½	1 fruit	½	1 fruit	½	½	1 fruit	1 fruit	½	½		
	Fish Portion	Oz	4	3 oz unbreaded	3 oz unbreaded	3 oz unbreaded	4	3 oz unbreaded	3 oz unbreaded	3 oz T-ham	3 oz unbreaded	1 c beans	1c Red beans w/ onion	1c Red beans w/ onion		
D I N N E R	Tartar Sauce	Oz	1	1	none	none	1	½	1	none	1	2tsp marg	2tsp marg	2tsp marg		
	Scalloped Potatoes	Cup	3/4	3/4	1½ c buttered rice	1 baked	3/4	3/4	3/4	1 baked	1 baked	1 baked	3/4	3/4		
	Broccoli Cuts	Cup	½	½	½	½	½	½	½ c carrots	½	½	½	½	½		
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4		
	Bread	Slice	2	2	2	2	2	2	2	none	2	2	2	2		
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1		
	Glazed Cake	Cut	1	1	2 graham cracker packets	2 graham cracker pkt	1	2 graham cracker pkt	1	1	1 fruit	1 fruit	1	2 graham cracker pkt		
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none		
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch <u>and</u> One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk									Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal			
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Insulin dependant only Meat/Cheese/or PB Bread Condiment				
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs												2 Oz 2 Slice 1 Each				

	DIET LOAD V DAY: Thursday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	F R e d P M o n k	2500 Diabetic Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-L- Veg Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	1	1	1 ½ (no salt)	1 (no salt)	1	1	1	1	grits only	1	1	1
	Biscuits	Each	2	2	2 sl bread	2 sl bread	2	2	2	2	3/4 c Rice	2	2	2
	Sausage Gravy	Cup	3/4	3/4	2 oz cooked turkey	2 oz cooked turkey	3/4	3/4	3/4	3/4	2 oz turkey	2 Tb PB + 1 Tb Jelly	3 oz cheese	3 oz cheese
	Grilled Potatoes	Cup	3/4	3/4 c mashed	1 ½ buttered rice	3/4 c boiled	3/4	3/4	3/4 c boiled	3/4	3/4	3/4	3/4	3/4
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	8	8	8	none	8	1c non-dairy	8	8
	Applesauce	Cup	none	none	1/4	1/4	1/4	1/4	none	1/4	1/4	1/4	1/4	1/4
L U N C H	Chicken Noodle Soup	Cup	1	1	none	none	1	1	strained	1 baked potato	½ c veg	1 c beans	vegetarian	vegetarian
	Sliced T- Salami	Oz	3	3 oz T- bologna	2 boiled eggs	2 boiled eggs	3	2 oz T-ham	3 oz T-ham	4	3	1 c rice	1 c rice	1 c rice
	Sliced Cheese	Oz	½	½	none	none	½	½	½	none	1/2	none	3	3
	Bun	Each	1	1	1	1	1	1	1	1	1 baked potato	1	1	1
	Salad Dress/Mustard	Oz Each	½	½	1 oz salad dressing	none	½	mustard only	½	½	1 Tb margarine	2 tsp marg	½	mustard only
	Ranch Beans	Cup	3/4	1	1 ½ c buttered Mac	1c plain beans	3/4	3/4	1 c pasta	1 c pasta	3/4	1 c plain	1 Cup	1 cup
	Onion	Slice	2	2 (chopped)	1	1	2	2	none	2	2	none	2	2
	Shredded Lettuce	Cup	1/4	1/4	1/4	1/4	1/4	1/4	none	1/4	1/4	1/4	1/4	1/4
	Fresh Fruit	Each	1	½ c can fruit	½ c canned fruit	1	1	1	½ c canned	1	1	1	1	1
D I N N E R	Baked Chicken	Each	1/4	4 oz chopped meat	3 oz chicken meat	3 oz skinless	1/4	3 oz chicken meat	1/4	1/4	1	1 c beans	1 Stuffed Pepper	1 Stuffed Pepper
	Potato Salad	Cup	3/4	3/4	1 ½ Rice	1 baked potato	3/4	3/4	3/4	3/4	3/4	1 c rice	1 c Rice	1c Rice
	Bread	Slice	2	2	2	2	2	2	2	2	½ oz chips	2	2	2
	Margarine	Tsp	2	2	2	1	2	2	2	2	2	2	2	2
	Peas	Cup	½	½	½	½	½	½	½ c green beans	1/2	½	½	½	½
	Glazed Cake	Cut	1	1	2 graham cracker packets	2 graham cracker packets	1	2 graham cracker pkts	1	1	1 fruit	1 fruit	1	2 graham cracker pkts
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal		
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Insulin dependant only Meat/Cheese/or PB Bread Condiment		
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					1 Each 2 Slice 1 Each							2 Oz 2 Slice 1 Each		

	DIET LOAD W/ 6 DAY: Friday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Eaten 1 PM Snk	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-La Vege, Kosher	Lacto Veg/ Sikhs
B R E A K F A S T	Hot Cereal	Cup	none	none	1 ½ (no salt)	1 (no salt)	none	none	none	none	none	1	none	none
	Flour Tortillas	Each	2	2	2	2	2	2	2	none	2	2	2	2
	Scrambled Eggs	Oz	3	3	3	3	3	3	3	3	3	3/4 c rice	3	none
	Refried Beans	Cup	3/4	3/4	1 ½ c Rice	3/4	3/4	3/4	3/4	1 c rice	1 ½	3/4	3/4	1 ½
	Shredded Cheese	Oz	1	1	none	none	1	½	1	none	2	none	1	2
	Salsa	Oz	2	2	none	none	2	2	none	none	2	none	2	2
	Sugar	Pkt	3	3	3	sweet'n'low	3	sweet'n'low	3	3	3	3	3	3
	Fruit Juice	Oz	8	8	8	8	8 oz milk	8 oz milk	8	8	8	8	8	8
	Fresh Fruit	Each	none	none	none	1	1	1	none	1	1	none	none	none
L U N C H	Tomato Rice Soup	Cup	1	1	1 ½ C Rice	1 ½ C Rice	1	1	1 c strained	1 c rice	1 c rice	1 c rice	vegetarian	vegetarian
	Grilled Cheese	Oz	3	3	2 boiled eggs 2 oz salad dressing	2 boiled eggs	3	2	3	3 oz J-Ham	3 oz shredded cheese	3/4 c plain beans	3	3
	Bread	Slice	4	4	4	4	4	4	4	1 baked potato	4	4	4	4
	Corn	Cup	½	½	½	½	½	½	½ c carrots	½	½	½	½	½
	Coleslaw	Cup	½	½	½	½ c cabbage	½	½	½ oz chips	½	½	½ c veg	½	½ c veg
	Cookies	Each	2	½ c canned fruit	2	1 fruit	2	1 fruit	2	2	1 fruit	1 fruit	2	1 fruit
D I N N E R	Salisbury Patty	Oz	4	4 oz chopped	3 oz cooked	3 oz cooked	4	3	4	4 oz turkey	4	1 c Rice	1 veg patty	1 Veg Patty
	Gravy	Oz	3	3	none	none	3	1	3	3	none	1 c bean	none	none
	Mashed Potatoes	Cup	3/4	3/4	1 ½ c pasta	3/4	3/4	3/4	3/4	3/4	1 ½	3/4	3/4	3/4
	Sliced Carrots	Cup	½	½	½	½	½	½	½	½	½	½	½	½
	Margarine	Tsp	2	2	2	1	2	2	1 Tb	2	1 Tb	2	2	2
	Bread	Slice	2	2	2	2	2	2	2	2	none	2	2	2
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1
	Glazed Cake	Cut	1	1	1 fruit	1 fruit	1	1 fruit	1	1 fruit	1 fruit	1	1	1 fruit
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none

Diet Snacks
List

*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk

Snack for *Hypoglycemia given at
Breakfast/Lunch/Dinner + Diabetic
MenuSnack fr 2500 Calorie Diabetic Serve at PM
mealInsulin dependant only
Meat/Cheese/or PB
Bread
Condiment

Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers

*Renal Diabetic One PM Snack
Boiled Egg
Bread
Salad Dr. Packet1 Each
2 Slice
1 EachOne 1 Oz Meat/Cheese or PB
Sandwich See Snack Rotation List2 Oz
2 Slice
1 Each

Dispensed Beverages are Appropriate for Diabetics

Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs

	DIET LOAD W/ 6 DAY: Saturday/Men	AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enl Rec PM SICK	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Ve Kosher	Lacto Veg/ Sikhs
B R E F A S T / L U N C H	Cold Cereal	Cup	1	1 c Hot	1½ c hot (no salt)	1 c hot cereal (no salt)	1	1 c hot cereal	1	1	corn flakes	1 c Hot	1	1
	French Toast	Each	3	3	2	2	3	2	3	4	1½ hash browns	2 Tb PB + 2 sl bread	3	2 Tb PB 2 sl bread
	Syrup	Oz	3	3	2	low cal	3	low cal	3	3	none	2Tb jelly	3	2 Tb jelly
	Margarine	Tsp	2	2	2	none	2	1	2	2	none	2	2	2
	Grilled Potatoes	Cup	3/4	3/4 (chopped)	1 ½ c Buttered Rice	1 c boiled	3/4	3/4	3/4 c boiled	3/4	1 ½	3/4	3/4	3/4
	T-Ham	Oz	1	1 oz chopped	none	none	1	1	1	1	1 c red beans + 3/4 c rice	1 c red beans + 3/4 c rice	1 c red beans + 3/4 c rice	
	Sliced Cheese	Oz	1/2	½	none	none	1/2	1/2	½	none	½	none	1	2
	Egg	Each	1	1	2	2 boiled eggs	1	1	1	1	2	none	1	none
	Bun	Each	1	1	1	1	1	1	1	1	none	1	1	1
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3
D I N N E R	Fruit Juice	Oz	8	.8	8	8	8	8	8	8	8	8	8	.8
	Milk, 2%	Oz	8	8	1c non-dairy drink	8	16	8	8	none	8	1c non dairy	8	8
	Fresh Fruit	Each	1	¼ c canned	½ c canned	1	1	1	½ c canned	1	1	1	1	1
	Hamburger	Oz	4	4 oz chopped	3 oz hamb	3	4	4	4	4 oz ground turkey	4	1 c rice	1 veg patty	1 veg patty
	Wheat Bread	Slice	2	2	2	2	2	2	2 sl white	2	none	2	2	2
	Sliced Cheese	Oz	½	½	1 Tb margarine	none	½	½	½	none	1	none	1/2	1/2
	Grilled Onions	Cup	1/4	1/4	none	none	1/4	1 Tb	none	1/4	1/4	none	1/4	1/4
	Baked Beans	Cup	3/4	3/4	none	3/4 c plain	3/4	½ c veg	none	½ c veg	1½	3/4 c plain	3/4	3/4
	Shredded Lettuce	Cup	1/4	1/4	1/4	1/4	1/4	1/4	none	1/4	1/4	1/4	1/4	1/4
	Mustard	Oz	½	½	none	none	½	½	½	½	none	½	½	½
D I N N E R	Ketchup	Oz	2	2	none	none	2	1	2	2	2	none	2	2
	Chips	Oz	½	3/4 c boiled potatoes	½ c vegetables	½ c vegetables	½	½ c veg	½	½	½	½	½	½
	Macaroni Salad	Cup	½	½	1½ c Pasta	1 c plain	½	½	½	½	none	1 c pasta	½	1 c pasta
	Pudding	Cup	½	½	1 fruit	1 fruit	½	1 fruit	½	1 fruit	1 fruit	1 fruit	½	1/2
	Milk, 2%	Oz	none	none	none	none	8	8	none	none	none	none	none	none
	Diet Snacks List	*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk								Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu			Snack for 2500 Calorie Diabetic Serve at PM meal	
	Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers					*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet					Insulin dependant only Meat/Cheese/or PB Bread Condiment			2 Oz
	Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs					One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List					2 Slice 1 Each			2 Oz

DIET LOAD SHEET WEEK 6 DAY Sunday/Men		AMT	Men Reg.	Dental or Mechanical Soft	Renal/Hepatic See Manual for Renal Diabetic	Cardiac Low Fat Low Salt	Enhanced Recei PM S...	2500 Diabetic* Hypo*	Low Residue	No Soy/No Bean	No Gluten	Allergy Alternative Menu	Ovo-Ve Koshei	Lacto Veg/ Sikhs			
B R E A K F A S T / L U N C H	Cold Cereal	Cup	1	1 Hot	1 ½ hot(no salt)	1 hot (no salt)	1	1	1	1	Com Flakes	1 Hot	1	1			
	Biscuits	Each	2	2	2 sl bread	2 sl bread	2	2	2	2	none	2	2	2			
	Sausage Gravy	Cup	1	1	2 oz cooked turkey	2 oz cooked turkey	1	1	3 oz turkey	1	2 oz turkey	2 Tb PB	1 oz cheese	2 Tb PB			
	Margarine	Tsp	2	2	2	none	2	1	2	2	none	2	2	2			
	Pastry	Each	1	1	none	1 Sliced Tomato	1	none	1	1	none	3/4 c lentils + 3/4 c rice	1 each	3/4 c lentils + 3/4 c rice			
	Boiled Egg	Each	1	1	1	1	1	1	1	1	1	1 Tb Jelly	2	1 Tb Jelly			
	Grilled Potatoes	Cup	3/4	3/4 c boiled	1½ Cup Rice	1 ½ c boiled	3/4	3/4	3/4 c boiled	3/4	1 ½	3/4	3/4	3/4			
	Sugar	Pkt	3	3	3	sweetn'low	3	sweetn'low	3	3	3	3	3	3			
	Fruit Juice	Oz	8	8	8	8	8	8	8	8	8	8	8	8			
	Milk	Oz	8	8	1c non-dairy drink	8	16	8	8	none	8	1c non-dairy	8	8			
D I N N E R	Fresh Fruit	Each	1	1/6 c canned	1/6 c canned	1	1	1	1/6 c canned	1	1	1	1	1			
	Lasagna Casserole	Cup	1½	1½	3 oz ground turkey + 1½ c pasta	3 oz ground turkey + 1 c pasta	1½	1	3 oz turkey + 1 c pasta	3 oz turkey + 1 cup pasta	3/4 c meat sauce + 1½ c Rice	1 c pasta+ 1c beans	1½ c Veg Lasagna	1 ½ c Veg Lasagna			
	Mixed Vegetables	Cup	½	½	½	½	½	½	½ c carrots	1/2	1/2	½	½	½			
	Tossed Salad	Cup	3/4	3/4	3/4	3/4	3/4	3/4	none	3/4	3/4	3/4	3/4	3/4			
	Dressing	Oz	1	1	½	low cal	1	low cal	none	1	1	1 oz ital.	1	1			
	Glazed Cake	Cut	1	1	1 fruit	1 fruit	1	1 fruit	1	1	1 fruit	1 fruit	1	1 fruit			
	Margarine	Tsp	2	2	2	1 tsp	2	2	1 Tb	2	1 Tb	2	2	2			
	Bread	Slice	2	2	2	2	2	2	2	2	½ c beans	2	2	2			
Diet Snacks List		*Enhanced Receives 8 Oz milk at Lunch and One Pm Snack Consisting of a 1 Oz Meat/Cheese or PB Sandwich + 8 Oz Milk											Snack for *Hypoglycemia given at Breakfast/Lunch/Dinner + Diabetic Menu				
Prescription Supported Snack: ½ PB Sand OR 4 Pkt Saltine Crackers				*Renal Diabetic One PM Snack Boiled Egg Bread Salad Dr. Packet				1 Each 2 Slice 1 Each				One 1 Oz Meat/Cheese or PB Sandwich See Snack Rotation List			Snack for 2500 Calorie Diabetic Serve at PM meal Insulin dependant only Meat/Cheese/or PB Bread Condiment 2 Oz 2 Slice 1 Each		
Dispensed Beverages are Appropriate for Diabetics Coffee/Tea and Dispensed Beverages are Self Serve except for lock downs																	